

Petit Pois with Onions

(A classic vegetable dish from France that can be served with meat or fish meals. Serves 6.)

Ingredients: -

700g/1½lb - petit pois (small peas), fresh and weighed after shelling, or frozen and thawed

2 tsp - sugar

Salt and black pepper

50g/2oz - polyunsaturated margarine

4 - small onions, blanched and halved

2 - shallots, blanched and thinly sliced

4 - spring onions (scallions), blanched and cut into ½ cm/¼" pieces

Method: -

Cook the peas, with the sugar, in boiling salted water for 4 minutes or until they are nearly tender.

Drain well and set aside.

Melt the margarine in a saucepan.

Add the onions, shallots and spring onions (scallions) with salt and pepper to taste.

Fry until the onions are golden brown.

Stir in the peas and cook gently for 3 to 4 minutes or until the peas are tender.

Turn into a warmed vegetable dish and serve immediately.



Upbeat - Heart Support In West Suffolk

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