

Makes 6 cups (15L)

INGREDIENTS

4 cups (1L) loosely packed
Eatmore Sprouts Pea Shoots
(approx. 2 packages)

1 cup (250ml) shelled peas or frozen

¼ cup (60ml) fresh mint, rough chop

½ cup (125ml) radish, shaved

1½ tbsp. (225ml) lemon juice

3 tsp. (15ml) Dijon

1 clove garlic, minced

1 tsp. (5ml) honey

¼ cup (60ml) olive oil

½ cup (125ml) parmesan cheese,
shaved

Spring Pea Salad with Shoots & Mint

vegetarian

gluten free

nut free

- Bring 2 cups (500ml) of water to a boil in a medium saucepan.
- Add peas and cook for 1 minute.
- Drain and plunge into ice water. Drain and set aside.
- Combine the peas, **Pea Shoots**, radish and mint in a large bowl.
- In a small bowl, combine lemon juice, Dijon, garlic and honey. Slowly whisk in oil and season to taste with salt and pepper.
- Toss salad with enough dressing to lightly coat.
- Season with salt and pepper and top with parmesan cheese.



Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com

