

# Green pea dip

A naturally sweet Nordic<sup>1</sup> spread to go with Nordic Crispbread<sup>2</sup>.

Inspired by a recipe<sup>3</sup> in *the Guardian*, 31st August 2013. The quantities below make two hummus pots.

## Ingredients

- 200 g organic garden peas
- 1 **FAIRTRADE** lemon
- 30 g fresh herbs
- 30 ml Greek-style plain yoghurt
- 75 g soft goats' cheese

## Method

### Preparation

Defrost the peas if necessary.

Zest and juice the lemon.

Pick, wash and chop the herbs.

### Assembly

Blitz the peas, yoghurt, half the lemon juice and zest very briefly in a food blender to make a coarse paste.

Turn out into a mixing bowl and stir in the goats cheese and fresh herbs.

Season with salt and pepper as necessary.

### Serve

Serve at room temperature with Nordic Crispbreads.

This dip can be kept in the freezer for a period, but once you start it, try to finish it within 2 to 3 days.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/norway.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/nordic\\_crispbread.htm](http://www.fairtradecookbook.org.uk/recipes/nordic_crispbread.htm)

<sup>3</sup><http://www.theguardian.com/lifeandstyle/2013/aug/30/lunchbox-filler-recipes-10-best>