

Sautéed Peas w/ Romaine & Mint

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Preparing Your Mise en Place

To prepare your mise en place, first dice the onion and thinly slice the celery. Remove the leaves from the romaine heart. Cut the leaves down the middle and then slice across into 1/4" -inch slices. Discard any tough ends. Mince the garlic and chiffonade the mint. Gather the butter, oil and frozen peas and set aside.

Step 1: Preparing Your Mise en Place

- 1 cup onion
- 1 1/2 cups celery
- 1 small romaine heart
- 7 fresh mint leaves (approx.)
- 1 clove garlic
- 2 tbsp butter (or non-dairy butter)
- 1 tbsp grape seed oil
- 2 cups frozen green peas

Cooking the Dish

To cook the dish, first bring a small pot of water to a boil. Season the water with salt (about 1 tsp of salt per liter of water).

Heat a large skillet over medium heat. Add the oil and 1 tablespoon of the butter. Add the onions and celery. Season with salt and pepper to taste and sauté until slightly brown. Pan toss the vegetables from time to time.

Once the vegetables begin to brown, place the frozen peas into the boiling water. Cook for about 1 minute or so and then drain.

While the peas are cooking, add the garlic to the pan. Then add the peas to the vegetables and toss to combine. Add the chopped romaine lettuce and mint and pan toss again.

Optionally, add the remaining tablespoon of butter. Season to taste with salt and pepper and serve immediately.

Step 2: Cooking the Dish

- sea salt, to taste
- freshly ground black pepper, to taste