



Greek lemony pea stew

10'
Hands on

25'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 1 onion, dry
- 1 clove(s) of garlic
- 1 carrot
- 3 spring onions
- 500 g potatoes
- 5-6 tablespoon(s) olive oil
- 1 vegetable bouillon cube
- 50 g white wine
- 400 g water
- 600 g peas, frozen
- 1/2 bunch dill
- lemon zest, of 2 lemons
- lemon juice, of 2 lemons
- salt
- pepper
- 1/2 bunch mint

To serve

- slices lemon
- mint

Method

- Place a **wide pot** over high heat.
- Coarsely **chop** the onion and spring onions, finely chop the garlic and thinly slice the carrots.
- Add 2 tablespoons of olive oil to the pot along with all of the vegetables. Mix and sauté for 3-4 minutes until they soften.
- Add the bouillon cube and add the wine.
- Add the water, cover pot with lid, lower heat to medium and simmer for 15 minutes.
- Add the peas and half of the dill finely chopped.
- Mix, cover with lid and continue simmering for 10 minutes until the peas are done.
- Remove from heat and add the rest of the dill, lemon zest, lemon juice, salt, pepper, finely chopped mint and 3-4 tablespoons olive oil. Mix.
- **Serve** with lemon wedges and mint leaves.

Διατροφικός πίνακας

Nutrition information per portion

424 Calories (kcal)	20.0 Total Fat (g)	3.2 Saturated Fat (g)	43.0 Total Carbs (g)
21%	29%	16%	17%
13.0 Sugars (g)	11.0 Protein (g)	12.0 Fibre (g)	0.26 Sodium (g)
14%	22%	48%	4%