



# MINTED PEA GUACAMOLE



**PREP TIME:** 25 Mins

**TOTAL TIME:** 1 Hour 25 Minutes

**SERVES:** 6 people

**SPICE LEVEL:** Mild

This minted pea guacamole is the perfect summer dip to serve with crunchy Old El Paso™ Nachips™ or veggie crudités.



125g frozen peas



1 garlic clove, chopped



2 spring onions, trimmed and chopped



2 tablespoons lime juice



2 large ripe avocados, peeled, stones removed and flesh chopped



4 tablespoons freshly chopped mint, plus extra leaves, to garnish



1/4 teaspoon salt



65g Greek-style natural yogurt, plus extra 1 tablespoon, to garnish

## 1 DEFROST THE PEAS

Place the peas in a heatproof bowl and cover with just boiled water. Stand for 5 minutes, then drain and rinse well under cold running water to cool completely. Pat dry with kitchen paper.

## 2 COMBINE THE INGREDIENTS

Place the peas, garlic, spring onion, lime juice, avocado and mint in a food processor and pulse until smooth, scraping down the sides of the bowl as needed. Transfer to a serving bowl and stir in the salt and yogurt. Season with freshly ground black pepper, if you like.

## 3 REFRIGERATE

Cover the surface closely with cling film and refrigerate for 1 hour to allow the flavours to blend. Swirl through the extra yogurt, garnish with the extra mint leaves and a sprinkling of freshly ground black pepper and serve.

## TIPS

For a more unusual twist, replace the frozen peas with frozen edamame beans.

For a chunkier guacamole, only process half the peas and avocado. Roughly mash the rest and stir into the blended mixture with the yogurt.

Don't just dip! Fill Old el Paso™ Stand'n'Stuff Soft Tortilla Boats with peppery salad leaves or pea shoots. Top with thinly sliced char-grilled or barbecued lamb steaks and a large dollop of the creamy guac.