

# Green Pea Dip

(kids version, no cooking)



CHEF+TEACHER  
**CAT CLARKE**  
plant+grow+learn

DIFFICULTY: Easy (Adult supervision)

SERVES: 4

SEASON: All year round

PREP TIME: 15 minutes

COOKING TIME: 25 minutes

SUBSTITUTES:

## EQUIPMENT:

Knife  
Zester  
Juicer  
Chopping board  
Bowls  
Blender

## INGREDIENTS:

2 cups of peas  
1/2 cup tahini  
1/2 water  
1/2 cup parsley (leaves)  
2-4 garlic cloves  
1/3 cup mint leaves  
1 lemon (juice and rind)  
1/2 tsp salt

1 avocado (optional)  
Sesame seeds for garnish

## METHOD:

- Put an apron on, wash your hands, and collect your ingredients and equipment.
- Place all ingredients into a blender
- Turn it on and blend for a few minutes
- Taste. How does it taste? Does it need more lemon? More salt?
- Serve in a bowl.
- Clean up your bench and do the dishes
  
- Serve with some crusty bread, corn chips, toasted Turkish bread or grilled flat bread.
- Well done super chef.