

Green Pea Salad

submitted by elm333

Per serving: 317 Calories • 24.7g Carbs (9.5g Fiber) • 20g Fat • 13.9g Protein

Ingredients

Ingredients scaled to: 4 cups

2 cup **Peas** (268 grams)

1/2 tsp **Lemon juice** (2.5 grams)

2 cup **Spinach** (60 grams)

2 oz **Almonds** (56.7 grams)

2 tsp **Olive oil** (9 grams)

Directions

Directions are based on the original recipe of 2 cups

1. Pop the kettle on to boil. Place peas in a heatproof bowl.
2. Cover with boiling water and stand for 2-3 minutes or until peas are defrosted and bright green
3. Drain peas and pat dry with paper towel. Drizzle with a little extra virgin olive oil. Squeeze over lemon. Season with salt and pepper if needed.
4. Toss peas with spinach and almonds. Serve.