



Pea and Couscous Patties

with Nutty Dressing



20-30min



2 Portions

When you want something light but comforting for dinner, look no further than this smart and speedy dinner to make asap! The crunchy patties are filled with couscous, sweet green peas, mint and tahini, and then are lightly fried to create an amazing texture. Served with a nutty yoghurt dressing and a fresh radish, cucumber and spinach salad, this dinner will tick all your boxes.

What we send

- mint and 1 garlic clove
- spice mix
- lemon
- baby spinach leaves
- radish
- green peas
- Lebanese cucumber
- couscous ¹
- Greek-style yoghurt ⁷
- slivered almonds ¹⁵
- tahini paste ¹¹

What you'll require

- plain flour ¹
- salt and pepper
- sugar
- vegetable oil

Utensils

- Kettle
 - paper towel
 - sieve
 - small frypan
 - small saucepan
 - stick blender/food processor/mortar and pestle
 - wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 800.0kcal, Fat 46.0g, Proteins 24.7g, Carbs 63.5g



1. Cook couscous

Bring a kettle to the boil for the couscous. Bring a small saucepan of salted water to the boil for the peas. Place the **couscous** in a heatproof bowl and pour over 125ml (½ cup) boiling water. Cover and stand for 10 mins. Fluff the grains up with a fork.



4. Toast almonds

Heat a small frypan over medium heat and toast the **almonds**, stirring occasionally, until golden. Set aside to cool, then finely chop.



2. Prepare ingredients

Blanch the **peas** in the pan of boiling water for 1 min or until just tender. Drain, refresh under cold water and drain again. Dry well. Juice half the **lemon** and cut remaining half into wedges. Crush or finely chop the **garlic**. Pick the **mint** leaves and set aside any small leaves for garnish. Shred the remaining leaves.



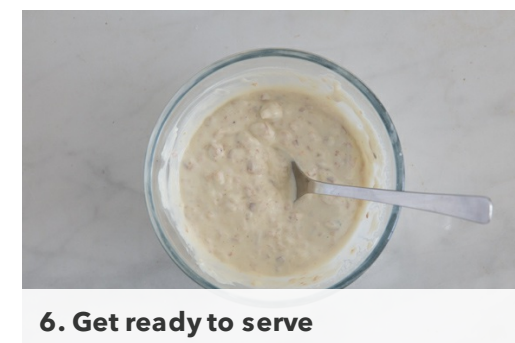
5. Cook patties

Heat 2 cm **vegetable oil** in a wok or deep frypan over medium-high heat. Shallow fry the **patties**, in batches, for 3-4 mins each side until well browned. Drain on paper towel. Meanwhile, halve the **cucumber** lengthwise, then thinly slice. Thinly slice the **radishes**.



3. Make patties

Place the **couscous**, **peas**, 2 tsp **spice mix**, **shredded mint**, 1 tbs **flour**, 1 tbs of **tahini**, **half the garlic**, 1 tbs **lemon juice** in a food processor. Season with **salt and pepper** and puree until smooth. Shape the mixture into 12 small patties about 2cm thick.



6. Get ready to serve

Place **almonds** in a small bowl with **yoghurt**, remaining **tahini**, **garlic**, pinch of **sugar** and 2-3 tbs water (depending on desired consistency). Stir to combine and season with **salt and pepper**. Arrange the **spinach leaves**, **cucumber**, **radish** and **patties** on plates. Drizzle with the **dressing** and garnish with **mint leaves**. Serve with **lemon wedges**.