

# Ricotta, pea & mint dip

Traffic light category: **Green**

Makes: 2 cups

## Ingredients

- » 2 cups peas (fresh or frozen)
- » ¼ cup water (if using frozen peas)
- » 2 tablespoons mint leaves
- » 1 cup reduced fat ricotta
- » 1 tablespoon olive oil
- » Ground black pepper, to taste

## Method

1. If using fresh peas, blanch peas to bright green stage; or if using frozen peas, place peas in a microwave safe bowl with ¼ cup water and microwave until thawed
2. Place all ingredients into a blender and blend to a nice chunky consistency
3. Taste and season with pepper if necessary.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	600g	100g
Energy	2794kJ	464kJ
Protein	51g	8.5g
Total fat	36g	6.0g
Saturated fat	13.8g	2.3g
Carbohydrate	25g	4.2g
Sugars	12.4g	2.1g
Dietary fibre	22.7g	3.8g
Sodium	628mg	104mg

