Creamy pâté with peas and mint



Consejo del chef

Serve with bread, crackers, or vegetables cut into sticks. You can use it for sandwiches too. This pâte can be stored in a food container and place in refrigerator 5 or 6 days.

Raciones para 3

- ❑ 400 gr
Frozen peas
- ❑ 10 gr
Fresh mint leaves
- ❑ Lemon zest
- ❑ Lemon juice
- ❑ 1
Clove of garlic (without germ)
- ❑ Salt and pepper
- ❑ Cumin

1. Boil peas for a few minutes in water and salt. Drain and cool.
2. Blitz the rest of the ingredients to have a pâté. Blitz more or less, until you find the right texture you are looking for, and you can add a dash of olive oil if it is too thick. Add salt and pepper.
3. Place the pâté in a bowl and decorate with olive oil, boiled peas, fresh mint and, if you want to, chopped nuts.

Chef's Notes

https://cookinglovers.teka.com/en/receta/pate-cremoso-de-guisantes-y-menta/