



HEALTH SCORE

64%

Pea Salad with Basil and Pea Shoots



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons caper brine
- ☐ 1 tablespoon capers
- ☐ 4 tablespoons dijon mustard
- ☐ 0.3 cup basil leaves dried washed stemmed
- ☐ 1 small bunch tarragon dried fresh washed stemmed chopped
- ☐ 8 servings granulated sugar as needed recommended: Superfine
- ☐ 8 servings ice cubes as needed
- ☐ 4 juice of lemon fresh

- ☐ 8 servings kosher salt and freshly cracked pepper black
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup pea shoots washed and dried
- ☐ 1 cup peas shelled
- ☐ 0.3 cup sherry vinegar
- ☐ 0.8 pound snow peas washed ends trimmed
- ☐ 0.8 pound sugar snap peas washed ends trimmed
- ☐ 8 servings water as needed

Equipment

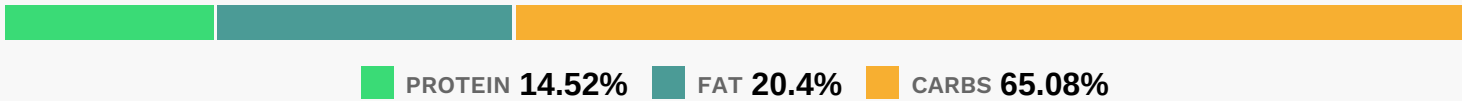
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ This is a simple recipe made so much better with a few simple details. The sugar in the cooking water and on the peas themselves add freshness. I like to use superfine sugar because it dissolves easily. The basil and pea shoots add a grassy, fresh flavor that makes the peas taste more like peas!
- ☐ In a medium bowl, whisk together the Dijon mustard, lemon juice and sherry vinegar.
- ☐ Add the capers, caper brine and a pinch of salt and pepper, to taste. Slowly whisk in the olive oil and add the tarragon. Taste and reseason, only if needed. Set aside.
- ☐ Prepare an ice bath. Fill a large bowl halfway with ice cubes and add some cold water. Put a colander squarely inside the ice bath. The colander will keep you from having to pick the peas out from amongst the ice cubes in the ice bath. Bring a large pot of water to a boil over medium heat.
- ☐ Add salt until the water tastes like seawater, then add a generous pinch of sugar.

- ☐ Add the snow peas and cook until they are bright green and tender, about 1 to 2 minutes.
- ☐ Remove the peas from the water with a strainer and transfer them to the colander inside the ice bath. Allow them to sit until cooled.
- ☐ Drain on a kitchen towel-lined plate.
- ☐ Bring the water back up to a boil and add the shelled peas. Cook until the water comes back to a boil, about 1 minute. Use the strainer to remove the peas and plunge them into the colander/ice bath. Allow them to sit in the ice water to assure they have cooled thoroughly. Discard the blanching water.
- ☐ Remove the peas from the ice bath and spread them out onto the kitchen towel over flat surface. Use another kitchen towel to gently pat them dry.
- ☐ Transfer the towel to a plate and put the peas into the refrigerator to chill until you are ready to serve.
- ☐ Transfer the chilled shelled peas, snow peas and raw sugar snap peas to a medium bowl. Stir to blend. Toss with the vinaigrette, basil leaves and pea shoots and season with salt, to taste.
- ☐ Add more seasoning, if needed.
- ☐ Transfer the salad to a platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:9.4, Inflammation Score:-8, Nutrition Score:22.863043411918%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 151.5kcal (7.58%), Fat: 3.7g (5.69%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 20.01g (7.28%), Sugar: 17.04g (18.93%), Cholesterol: 0mg (0%), Sodium: 367.88mg (15.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.83%), Vitamin K: 154.5µg (147.14%), Vitamin C: 69.86mg (84.67%), Manganese: 1.12mg (56.22%), Iron: 9.2mg (51.12%), Fiber: 6.65g (26.61%), Vitamin A: 1197.84IU (23.96%),

Calcium: 233.62mg (23.36%), Magnesium: 90.49mg (22.62%), Folate: 76.92µg (19.23%), Copper: 0.32mg (16.07%),
Vitamin B6: 0.3mg (15.11%), Vitamin B1: 0.2mg (13.48%), Potassium: 469.29mg (13.41%), Vitamin B2: 0.2mg (12.06%),
Vitamin E: 1.59mg (10.62%), Phosphorus: 98.04mg (9.8%), Vitamin B5: 0.76mg (7.61%), Zinc: 1.11mg (7.4%), Vitamin
B3: 1.4mg (7.02%), Selenium: 3.84µg (5.48%)