

SIDE DISH

Spring Peas With Dates and Walnuts

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	15 min	10 min	8	\$1.18	122 kcal



Spring Peas With Dates and Walnuts might be just the side dish you are searching for. This recipe serves 8. One portion of this dish contains roughly 5g of protein, 5g of fat, and a total of 122 calories. For \$1.18 per serving, this recipe covers 12% of your daily requirements of vitamins and minera...

Ingredients

- ☐ 1 pinch Pinch of cayenne pepper
- ☐ 8 servings Kosher salt
- ☐ 10 ounces cups shelled fresh English peas or thawed frozen peas (about
- ☐ ¼ pound snow peas, trimmed and thinly sliced
- ☐ 2 teaspoons walnut oil
- ☐ ¼ cup chopped pitted dates
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ 1 medium shallot, thinly sliced
- ☐ 1 pound sugar snap peas, trimmed
- ☐ ¼ cup chopped walnuts

EQUIPMENT Bowl, Frying pan, Pot

Method

- 1 Bring a large pot of salted water to a boil over high heat. Fill a large bowl with ice water. If using fresh English peas, add to the boiling water and cook until tender, about 1 minute.
- 2 Add the snap peas and cook until bright green, about 2 minutes, then add the snow peas and cook 30 seconds.
- 3 Drain the peas and plunge into the ice water to cool.
- 4 Heat the olive oil in a large skillet over medium-high heat.
- 5 Add the shallot and cook until soft, about 2 minutes.
- 6 Add the walnuts, dates and cayenne and cook until the nuts are slightly toasted, about 1 more minute.
- 7 Drain the peas, shaking off the excess water, then add to the skillet (if using frozen peas, add them here).
- 8 Add 1 teaspoon salt and cook, stirring, until heated through, 3 to 5 minutes.
- 9 Add the walnut oil and toss.
- 10 Add more salt to taste.
- 11 Photograph courtesy Anna Williams

Nutrition per serving

122	5 g	5 g	15 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.6 g · 4% of daily needs
Fibre			4.6 g · 18% of daily needs
Sugar			8.1 g · 9% of daily needs
Sodium			199 mg · 9% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			57 mg · 69% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spring-peas-with-dates-and-walnuts-142030