

Food fit

SEASONAL Superfood

February is the month to pile your plate high with peas. These unassuming vegetables are packed with vitamin C and are a great source of fibre. Plus, they're rich in protein and they're low in fat...

ROASTED PEA AND AUBERGINE DIP WITH TOASTED PITTA BREAD

Serves 6

1 Preheat your oven to 200C/400F/Gas Mark 6. Place two whole aubergines onto a baking sheet, and roast in the oven for about 30-40 minutes. Once cool, cut the vegetable in half, scoop out the flesh and blend.

2 Meanwhile, cook 350g of frozen peas in boiling water for three minutes. Then, wash them under cold water and drain well.

3 Next, add the peas to a blender, along with a tbsp of rapeseed oil, two chopped garlic cloves, and a handful of fresh mint leaves. Blitz the ingredients until smooth and add two tbsp of plain Greek yogurt.

4 Finally, pour the mixture into a bowl, adding half a finely chopped red chilli, a tsp of ground cumin, a pinch of coriander, and a squeeze of lemon juice.

5 Serve with toasted pitta bread slices and enjoy. The dip also tastes great with carrot sticks, peppers, and even nachos – but limit yourself to a handful if you're watching the lbs!



DID YOU KNOW...

Just one handful of garden peas contains as much vitamin C as two large apples – great news if you need to up your daily vits.

Nutri fact

Nutritionist Sally Wisbey (sallywisbeynutrition.co.uk) tells us what makes the humble pea so nutritious:

“Fresh or frozen, peas are rich in vitamin C, which helps strengthen your immune system and protect against cardiovascular disease and cancer. Packed with protein and B vits, this superfood helps to keep you in top health and give your energy levels a boost. Plus, they're rich in fibre to help lower your cholesterol.”

3 ways with peas...

1 Fancy something filling? Add the veg to a seafood curry or tasty risotto. Peas go hand-in-hand with fish and rice – ideal for post-workout fodder on a chilly night.

2 If you're not a fan of peas on their own, why not enjoy them in a soup? Add them to gammon for a hearty broth – although the peas are hidden, the soup is still packed with essential nutrients.

3 Swap one of your staple veggies for peas, instead. This one small change could boost your energy levels, as peas are bursting with protein, leaving you feeling more alert and fuller for longer.