

Green Pea Poppers

INGREDIENTS

1 Tbsp (15 mL) grapeseed oil, plus extra for baking

1 Vidalia (sweet) onion, diced

3 garlic cloves, minced

2 cups (500 mL) frozen peas, thawed

1 1/2 cups (350 mL) chickpea flour

1 tsp (5 mL) baking soda

1/4 tsp (1 mL) sea salt

1 tsp (5 mL) ground cumin

2 Tbsp (30 mL) minced fresh mint, or 2 tsp (10 mL) dried mint

Coconut Lime Dipping Sauce

1/2 cup (125 mL) unsweetened coconut yogurt

2 Tbsp (30 mL) coconut cream

1 tsp (5 mL) finely grated lime zest

1 tsp (5 mL) lime juice

1 Tbsp (15 mL) finely chopped fresh cilantro

1/4 tsp (1 mL) smoked paprika

1/4 tsp (1 mL) cayenne pepper

PREPARATION

Start by making Green Pea Poppers. Preheat oven to 350 F (180 C). Line baking tray with parchment paper and set aside.

In large frying pan over medium, heat oil. Add onion and cook until softened and translucent, about 8 minutes. Stir in garlic and cook for another minute.

Transfer cooked onion and garlic mixture to food processor. Add peas and pulse until mixture becomes a thick paste that still has texture to it. Transfer to large bowl along with chickpea flour, baking soda, salt, cumin, and mint. Stir with wooden spoon until well combined.

With wet hands, take 1 Tbsp (15 mL) pea mixture and roll into a ball and place on prepared baking tray. Press down slightly to form a round patty. Brush lightly with some

extra oil before baking in oven for 10 minutes. Flip poppers over and bake once more until golden brown, about another 8 to 10 minutes.

For Coconut Lime Dipping Sauce, whisk all ingredients together in bowl until well combined.

Serve warm poppers with dipping sauce. Poppers may be cooled to room temperature and stored in airtight container in refrigerator for up to 3 days.

ENJOY 😊