



PEA STEW

Peas contain vitamins such as C, E and zinc; these assist considerably in strengthening your immune system. Additionally, carrots are beneficial towards your vision, blood sugar and heart.

INGREDIENTS

Peas, Carrots, Diced Tomato,
Tomato Paste, Onion, Garlic
ME Spices, Salt & Pepper
Vegetable Oil, Blanching Mix

You need:

One cooking pot, colander,
Equipment required:
Wooden spoon, Serving spoon,
Pot to dissolve tomato paste

METHOD

1. Place the peas in a pot & cover it with cold water with 2 cm excess.
2. Add blanching mix, then place the pot over high heat & bring to boil.
3. Reduce heat, simmer uncovered for 1-2 minutes or until peas start to change color (to a brighter green). Ensure that you do not overcook or drain discarding water. Next, rinse with cold water to stop the cooking.

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4. Place another pot over medium heat and add oil.
 5. When the oil is hot, add onions and half the salt, then cook until it becomes translucent.
 6. Add the carrots & cook until it changes color.
 7. Add garlic & toss for roughly 30 seconds.
 8. Add $\frac{1}{4}$ cup of water, then bring to boil, cover, reduce heat & cook for 2 minutes
 9. Add peas and stir gently. Add ME spices, a dash of black pepper, and diced tomatoes, & bring to boil.

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10. Dissolve the tomato paste in some hot water until it becomes like a thick sauce, then add to the pot.
 11. Reduce heat to a low temperature, then cover & simmer for 5-7 minutes or until veggies are tender but not mushy.
 12. Remove lid & allow it to simmer uncovered for 5 minutes until it becomes thick & bubbly. If more gravy is desired, add $\frac{1}{2}$ - 1 cup of water and return to boil. Check seasoning before transferring to the serving dish.

*Great Job,,,,, You Are All Set for a Healthy and Nourishing
Dinner with your Family*