

# Dillicious Spring Salad

by Françoise La Prune

serves	level	prep time
2 as a main 3 as a starter	easy	10 min

This salad blends a magical combination of ingredients guaranteed to deliver that early year energy boost that we all need once the frosts start receding. It is spring on a plate!



## Ingredients

200g / 2 cups **green peas** - I use frozen  
3 handfuls **baby spinach** - app. 60g / 2.1oz.

*dressing:*

2tbsp **lemon juice** - app. juice of 1/2 lemon  
1tsp **white wine vinegar**  
1 small **garlic clove** - crushed  
1tsp **maple syrup**  
4tbsp **olive oil**  
3tbsp **chopped dill** - app. 1 small bunch  
**salt & pepper**

*finishing:*

75g / 2.7oz **soft goat cheese**  
1/2 **lemon** - zest only

## Instructions

1. Cook the green peas for a few minutes in salted boiling water - don't overcook them!
2. In the meantime prepare the dressing. Simply mix all the ingredients and season to taste with salt and pepper - *instead of salt you could use herbamare which I love in salads!*
3. Drain the green peas then add to a bowl with the spinach and dressing. Mix thoroughly. *No need to let the peas cool down - it will smell dillicious!*
4. Prepare on a serving plate or on single plates. Add some dollops of soft goat cheese. Sprinkle with the lemon zest.
5. Enjoy!



## Tips / Variations:

- Want it more nutritious? Sprinkle with chia or hemp seeds.
- Use good quality feta cheese or goats curd instead of the soft goat cheese.