

Sauteed green peas with lettuce

Ingredients

- 40g butter
- 2 garlic cloves, crushed
- 1 medium brown onion, thinly sliced
- 1/2 cup chicken stock
- 500g frozen peas
- 1/4 small iceberg lettuce, finely shredded

Equipment

- Chopping board
- Large knife
- Measuring spoons
- Large spoon
- frypan

1. Melt butter in a saucepan over high heat. Add garlic and onion. Cook, stirring, for 5 minutes or until onion has softened. Add stock.
2. Bring to the boil. Reduce heat to medium. Add peas. Cook for 4 to 5 minutes or until heated through. Stir in lettuce. Serve.



