

Recipe No. 09/2017

Mashed Pea & Corn Slice

We found this incredibly tasty recipe in the Vegetarian Kitchen recipe book. We've included additional notes and suggestions in the recipe for alternative ingredients which may be easier to find. To order your own copy of this recipe book, you can contact your consultant on 011 974 1171, or e-mail info@sathermomix.co.za

NB: Suitable for both TM5 and TM31

Active Time: 5 min
Total Time: 40 min
Recipe makes: 6 portions

Ingredients

Mashed Pea & Corn Slice

Butter, for greasing
3 spring onions/shallots (approx. 90 g), trimmed and cut into quarters
3 sprigs fresh basil, leaves only
100 g tasty cheese, cut into pieces (3-4 cm)
500 g frozen green peas, thawed
400 g canned chickpeas, drained and rinsed (approx. 250 g after draining)
250 g frozen corn kernels, thawed
4 eggs
2 tsp seeded mustard
50 g plain flour
½ tsp baking powder
1 tsp salt
½ tsp ground black pepper, to taste

Green Goddess Dressing

3 pieces lemon zest, no white pith(1 x 5 cm)
1 garlic clove
100 g fresh baby spinach leaves
7 sprigs fresh flat-leaf parsley, leaves only
20 sprigs fresh chives, cut into quarters
1 tbsp dried tarragon
50 g mayonnaise (see Tips)
50 g sour cream
2 tbsp lemon juice
1 pinch sumac (optional)
1 spring onion/shallot, trimmed and cut into quarters

Useful Items

Baking dish (30 x 20)
Baking paper
Sealable storage jar or container
Serving bowl



Method

Mashed Pea & Corn Slice

1. Preheat oven to 200°C. Grease and line a baking dish (30 x 20 cm) with baking paper and set aside.
2. Place spring onions/shallots, basil, cheese and 250 g of the peas into mixing bowl and chop **3 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
3. Add all remaining slice ingredients, including remaining peas, and mix **10 sec/reverse/speed 4**, with aid of spatula. Transfer mixture into prepared baking dish and bake for 30-35 minutes (200°C), or until set and golden in colour. Clean and dry mixing bowl.

Green Goddess Dressing

1. Place lemon zest and garlic into mixing bowl and chop **10 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
2. Add all remaining dressing ingredients and blend **30 sec/speed 5**. Transfer into a serving bowl or a sealable jar or container until ready to serve.
3. Serve slice hot or cold with Green Goddess Dressing

Tips

- Use leftover dressing on greens salads or pasta salads, or serve over scrambled eggs with sourdough toast.
- The chickpeas and cheese provide protein, and the spinach is a source of iron.
- To make your own mayonnaise, prefer to the recipe in The Basic Cookbook or Everyday Cooking.
- You can replace canned chickpeas with dried chickpeas (soaked and cooked) in this recipe. See page 179 of the Vegetarian Kitchen recipe book.

Cook's Recommendations

Green Goddess Dressing

- Instead of the fresh baby spinach leaves which are fairly neutral in taste, you could use a Swiss Chard broken into pieces, which gives a stronger flavor. Kale could be used as well.
- The green parts of the 3 spring onions from the Mashed Pea and Corn Slice can be used in the dressing in place of chives.
- Rosemary can be used instead of dried tarragon.
- Lemon rind and a good pinch of ground salt are a good substitute for sumac.
- If using a tougher leaf, blend on speed 7.

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