

Pea, Mint & Chilli Dip

Servings: 4

Prep Time: 5min

Cook Time: 0



Ingredients

- 400g frozen pea, defrosted
- 100g fat-free natural yogurt
- juice 1 lemon
- 1 tsp ground cumin
- small handful mint leaves
- 1 small red chilli, chopped
- 4 wholemeal pitta breads
- 500g carrot, cut into batons

Directions

1. Whizz the peas, yogurt, lemon juice, cumin, mint and chilli together in a food processor to a texture you like. Divide between plastic tubs to pack into lunchboxes, or tip into a serving bowl. Lightly toast the pittas, then cut into wedges and serve with the dip and carrots.