

Carrot & Pea Purée (Makes 4 portions)

Ingredients

200g/7oz carrots, peeled and chopped

3 tablespoons (40g/1½oz) frozen peas

Method

1. Place the peeled, chopped carrots in a saucepan and cover with boiling water.
2. Cook covered for 15 minutes.
3. Add the frozen peas to the saucepan and cook for a further 5 minutes.
4. Purée with sufficient cooking liquid to make a smooth purée.

Note

1 portion is equivalent to ½ exchange.

2 portions is equivalent to 1 exchange.

Remember, 1½ level tablespoons (18g) of peas equals 1 exchange.