

# Three Pea Salad

*with Lemon Farro & Goat Cheese*

We love fresh peas in summer. Let's use them while the sun shines. This week, we're in a unique, seasonal moment. Not only are pea shoots (the young, flavorful sprouts of the plant) still abundant, but the pods of snap and English peas are ripe, too. We've included all three in this seasonal salad and complemented their fresh flavors with bright lemon and silky goat cheese.



## Ingredients

- 6 Ounces Sugar Snap Peas
- 4 Ounces Goat Cheese
- 3 Ounces Pea Shoots
- 3 Radishes
- 1 Bunch Mint
- 1 Lemon
- ½ Pound English Peas
- ¾ Cup Farro
- 3 Tablespoons Sunflower Seeds
- 2 Ounces Arugula

Makes 2 Servings  
About 600 Calories Per Serving





# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat 2 medium pots of salted water to boiling on high. Snap off the stem of each snap pea and pull off the tough string that runs the length of the pod. Crumble the goat cheese into large pieces. Trim off and discard the bottom inch of the pea shoot stems. Cut the radishes into thin rounds. Pick the mint leaves off the stems; discard the stems and finely chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Shell the English peas.



## Cook the farro:

Add the **farro** and **lemon zest** to the first pot of boiling water. Cook 14 to 16 minutes, or until tender. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Set aside as you continue cooking.



## Blanch the peas:

While the farro cooks, fill a medium bowl with ice water and set aside. Add the **shelled English peas** and **snap peas** to the second pot of boiling water and cook 30 seconds to 1 minute, or until bright green and slightly tender. Drain the cooked peas thoroughly and transfer to the bowl of ice water. Let stand until completely cooled, then drain thoroughly. Set aside as you continue cooking.



## Toast the sunflower seeds:

Heat a small, dry pan on medium-high until hot. Add the **sunflower seeds** and toast, stirring frequently, 3 to 4 minutes, or until browned and fragrant. Transfer the toasted sunflower seeds to a small bowl and set aside as you continue cooking.



## Make the vinaigrette:

Squeeze the **juice of 2 lemon wedges** into a small bowl and season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined. Set aside as you continue cooking.



## Finish & plate your dish:

In a large bowl, combine the **cooked farro**, **drained sugar snap and English peas**, **pea shoots**, **radishes**, **arugula**, **mint** and **half the toasted sunflower seeds** (save the rest for garnish). Season with salt and pepper and add in enough **vinaigrette** to thoroughly coat the greens (you may have extra vinaigrette); toss gently to mix. To plate your dish, divide the salad between 2 plates. Top with the **goat cheese** and garnish with the **remaining toasted sunflower seeds and lemon wedges**. Enjoy!