

Mashed Peas

Jacob · 29/09/2024

**Prep Time**

20 mins

Difficult

Medium

Servings

6

Description

Buttery minty sweet mashed peas are quick to make and they're healthier than mashed potatoes. You can serve them warm or cold. I tried them at an Irish restaurant in Singapore and fell in love.

Ingredients

- - 2 tablespoons olive oil - 1 (16 ounce) package frozen peas - 1 bunch green onions
- chopped - 1 bunch fresh mint leaves
- chopped - 2 tablespoons unsalted butter - 2 tablespoons brown sugar - salt and pepper to taste

Instructions

1. Heat oil in a large skillet over medium heat. Add frozen peas
2. green onions
3. and mint. Cook
4. stirring until peas are hot and tender but still bright green
5. 7 to 10 minutes. Transfer to a bowl and mash until peas are crushed but still slightly chunky. Add butter
6. brown sugar
7. salt
8. and pepper. Stir until butter melts and sugar dissolves.