

Baby Radicchio & Pea Salad

WITH A HERBY YOGHURT DRESSING

This salad showcases the beautiful gentle bitterness of the baby radicchio leaves which is balanced by the sweetness of the peas and creaminess of the herbed yoghurt dressing.

FOR THE SALAD:

250g baby variegated Grumolo radicchio
(or any other radicchio/chicory variety)
80g pea shoots
100g fresh or frozen peas

FOR THE DRESSING:

250ml Greek Yoghurt or plant-based alternative
One handful of mixed soft leaf herbs
(parsley, chives, basil etc.)
2tbsp lemon juice and zest
1tsp mustard (Dijon or wholegrain)
Large pinch sea salt
Freshly ground pepper

For the dressing: finely chop the herbs and combine all the dressing ingredients together. Chill until required.

For the salad: wash the salad leaves and dry well. If using frozen peas pour over a little boiling water and leave for 2-3 minutes then drain well. Spread the dressing over the base of a large platter and scatter over the radicchio leaves, then the pea shoots and finally the peas. Sprinkle a few chopped herbs over the top as a garnish.

