



Garlic Mushy Peas

NIBBLEDISH CONTRIBUTOR

Ingredients

- 10 ounces frozen garden peas (boiled and drained) - 1 clove garlic (finely chopped) - 3 tbsp good balsamic vinegar - 3 tbsp double (heavy) cream - 1 tbsp fresh parsley - salt to taste

Instructions

This is a recipe which I have published in the book "I Like Food, Food Tastes Good" By Kara Zuaro. I used to be in a British Rock Band called Komakino and I came up with this one night, whilst living the dream (in other words: with absolutely no money to buy nice food)...The book features all manner of recipes from all manner of bands. I hope people like it! 1. Place the boiled peas in a saucepan and mash roughly with a potato masher (you could use a fork if you wanted) over a medium heat. 2. Add the garlic and balsamic vinegar, stirring for a minute or so. 3. Add the cream, allowing it to bubble for a further minute. 4. Take off the heat and throw in the parsley, seasoning to taste with salt. Enjoy!