

Baby vegetables with lemon dressing



Rating: 3 stars

Takes: 15 mins

Serves: 6

Ingredients

2 leeks, trimmed and thickly sliced

200g (7oz) baby carrots, trimmed and scrubbed

1 x 180g pack sugar snap peas

300g (10oz) shelled peas (fresh or frozen)

For the dressing

1 lemon, finely zested and juiced

1 garlic clove, crushed

1tsp runny honey

3tbsp extra-virgin olive oil

2tbsp finely snipped chives

Each serving contains 126 calories, 6g sugar, 7g fat, 1g saturates and 0.5g salt.

Method

Steam the prepared leeks and carrots for 4-5 minutes over a pan of simmering water. Add the sugar snap peas and steam for a further 2 minutes, then add the peas for the final minute's cooking. Drain well and tip into a warmed serving dish.

Whisk all the dressing ingredients in a bowl with 1 tablespoon water. Season, pour the dressing over the warm vegetables and serve straight away.

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