

Mint Pea & Endive Salad

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Swick

Chef's Notes

This is a great salad any time of the year, but it is especially nice in the summer when fresh english peas are available.

The vinaigrette can be made in advance, but the salad itself is best assembled just before serving.

While this salad can be prepared any time of the year, it is especially delicious in the summer when fresh peas are available.

Making the Vinaigrette

To make the vinaigrette, combine the Dijon, honey and white wine vinegar. Whisk while slowly adding in the oil. Add the freshly-chopped mint and basil. Season to taste with salt and pepper.

Step 1: Making the Vinaigrette

- 3 tbsp Dijon mustard
- 1 tbsp honey or agave nectar
- 3 tbsp white wine vinegar
- 1/2 cup grapeseed oil
- 3 tbsp fresh mint
- 2 tbsp fresh basil
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper

Assembling the Salad

To cook the peas, add the salt to the water and bring to a boil. Add the peas and simmer for a couple of minutes. In the meantime, prepare an ice bath. Once the peas are just cooked, place them into the ice bath to stop the cooking process. Once cool, strain the peas and place onto paper towels to drain.

To prepare the endive, cut off the bottom core and remove any damaged or discolored outer leaves. Trim the tips, if needed. Wash the romaine lettuce.

This is a salad made in layers. Break up half of the romaine into bite-sized pieces. Break the endive into slightly bigger pieces. Cut one of the avocados in half and score the inside with a knife. Squish or scoop the avocado out onto the salad. Add half of the peas and drizzle with some of the vinaigrette and add some freshly ground pepper.

Assemble another layer: romaine, endive, peas, avocado, dressing. Toss just before serving.

Step 2: Assembling the Salad

- 1 tsp sea salt
- 12 cups water (approx.)
- 1 cup fresh or frozen peas
- 4 whole Belgian endives
- 1 romaine lettuce head
- 2 whole avocados