

# Pea shoots with garlic and lemon pieces



We harvest pea shoots in different sizes. Sometimes only the tips, or as very young plants, in which case they are very tender -and few- and are perfect for eating raw, as addition to a salad or as a beautiful garnish for whatever dish you fancy. Sometimes we harvest a bit more of the plant -more stem and leaves attached- and in this case they are better suited for a quick blanch or stir fry. This recipe is actually the very simple and always-good technique of sauteing vegetables with olive oil and garlic, but adds a twist in the shape of cubes of lemon. You could just add lemon juice, or lemon zest, but this way seems easier and you get a nice and different (more complex?) flavour out of the lemon. For some reason we hardly ever just chop up lemon and throw it in a dish, but I have a feeling we could do so more often. Give this recipe a try and if you don't like it you can always go back to juicing or microplaning lemons =)

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*The serving suggestion as per the picture is a very nice combo: with hummus, and some flatbreads. But you could also serve it as a side-dish with many other meals, or maybe add a soft-boiled egg and some good bread to make a 'maaltijdsalade'?*

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*The larger pea shoots can sometimes have a few tougher stems or climbing 'fingers' that slipped through our careful harvesting selection. A good way to fish them out is to snap / tear the shoots into manageable, bite sized pieces by hand. That way you can often feel if a part is too tough. Do take into consideration that cooking will soften things up a bit. While doing this you could also separate out the tips to use raw. (the point where the plant is growing: the first new 2 leaves, you can see them on the picture below as the lighter green leaves, since they are raw and not cooked)*

## Ingredients

150 gram larger pea shoots

3 large garlic cloves

2 thick (4-5mm) slices of lemon, cut into cubes, flesh, skin, everything together.

3 tablespoons of nice olive oil

good pinch of salt.

Put olive oil and garlic into a frying pan until they start to sizzle and smell delicious. Add the cubes of lemon and swirl around for a few seconds. Then add the pea shoots and the salt, and saute everything for 3 to 5 minutes on medium-high heat until the shoots have darkened in colour, wilted a bit and seem generally cooked. The lemon contains some sugar that might caramelize on the bottom of your pan quicker than you would expect when just sauteing greens and garlic. If you're mindful of this and regulate the heat a bit / stir frequently enough so it doesn't go completely black, you can add a splash of water to the pan at the end of cooking to loosen up these browned bits and they will actually make a nice sauce.

