

Quick & Healing Hot Peas



This is one of my favourite healing recipes, because it's so quick and easy to make, and also because I'm a complete sucker for peas. This will at the most take you five minutes to prepare, and it's such a clean and healthy lunch or dinner.

Servings: 1

Ingredients

6 dl frozen peas
1 bunch of asparagus
2-3 tomatoes
1 clove of garlic
2 tbsp lemon juice
1/3 red onion
1/3 tsp chilli flakes

Instructions

1. Start with chopping of the woody stem of the asparagus.
2. Take peas out of the freezer, and steam with the asparagus for 4-5 minutes, until soft, but not mushy. You want the peas to still be a bit chewy.
3. Chop the tomatoes and put them in a mixing bowl.
4. Then chop the garlic, and add to the tomatoes, along with lemon juice, sliced red onion, and chilli flakes.
5. Stir until everything is well mixed.
6. Then add the peas and the asparagus, and stir once again.
7. Pour it into a large salad bowl. Serve immediately and enjoy.

Recipe inspired by Medical Medium.