

# SPROUTED WRINKLED PEA SALAD

THE GREAT  
EXHIBITION  
ROAD FESTIVAL

**Serves 4, Prep: 10 mins**

## Ingredients

### Salad

- 100g mixed green salad
- 100g Sprouted [Wrinkled Peas](#)\*
- 50g apple
- 50g cucumber
- 20g red onion

### Basic Vinaigrette

- 3 tbsp Olive oil
- 1 tbsp red wine vinegar
- ½ tsp Dijon mustard

## Steps

Thinly slice the apple, cucumber and red onion and mix with the sprouted Wrinkled Peas and lettuce.

Whisk the salad dressing ingredients in a small bowl.

Place the salad in a mixing bowl and pour over the dressing.

## Instructions for sprouting

Use a glass jar with a muslin cloth to cover the top opening for ease of draining.

1. Add three tablespoons of the dried Wrinkled Peas to the jar.
2. Soak for 8 hours or overnight
3. Drain and rinse well with fresh water, then drain again
4. Rinse and drain twice per day until sprouting has completed (3+ days)
5. Store in fridge in an airtight container for up to 1 week