



From the Culinary Company Kitchen

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Sautéed Sugar Snap Peas

Yield: 6 portions

INGREDIENTS	AMOUNTS
Sugar Snap Peas, blanched	1 lb
Extra Virgin Olive Oil	1 oz
Salt	½ tsp
Black Pepper, Ground	¼ tsp

Process

1. Blanch peas in boiling salt water for 1 minute, drain and shock
2. Sauté peas in olive oil until hot
3. Season with salt and pepper, to taste, and serve immediately