Green peas sauce to enrich

Ingredients (serves 4)

180 g water or 'fumet' (fish broth)

120 g frozen green peas

1 can of cockles or clams in their natural state

20 g extra virgin olive oil

5 g fresh parsley

Methods

1. Boil water in a saucepan. Add the peas and boil for two or three minutes.

2. Strain the peas and place them in a container suitable for blending. Add the broth, the can of cockles or clams with their liquid, the oil, and fresh parsley.

3. Blend together with the peas until you achieve a smooth texture, straining it if necessary.

4. Add back to the saucepan and bring it to a boil.

5. Serve.

Recommendations

You can prepare a higher amount of sauce and freeze it.
You can use it to complement or enrich fish, vegetables or legumes dishes, according to tolerance.