

View from the Fridge – Recipes from Brian Donkin

Recipe # 51 – Mange Tout with Shallots

Preparation time: 10 mins – Cooking time: 6 mins

Ingredients

300gms mangetout
2 shallots, peeled and diced very small
30gms butter
salt and pepper

Method

1. Put the mange tout in a pan of boiling salted water and bring to the boil, strain and remove.
2. Meanwhile, fry the shallots in butter over a medium heat until soft
3. Add the mange tout to the shallots, season with salt and pepper, mix well and serve immediately.

Serves 3

