

# CRISPY OVEN-ROASTED PEA-REXES

## YOU WILL NEED

Frozen green peas

Olive oil or another cooking oil

Sea Salt



## HOW-TO

Preheat your oven to 180°C.

Thaw the peas by rinsing them under water in a colander, then lay them out on a kitchen towel. Gently pat them dry to eliminate any excess water.

For optimal drying, allow them to air-dry naturally (approximately 15 minutes if already thawed, or a couple of hours if frozen).

Drizzle oil onto a baking sheet. Place the green peas on the sheet, sprinkle with salt, and gently shake to ensure an even layer.

Roast in the oven for 15-20 minutes, remembering to periodically shake the pan for consistent roasting.



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