Buttered Peas with Lettuce and Scallions

2 generous side portions · Active 15 min · Total 20 min

Skills: Confident beginner

Ingredients

- 1 tablespoon unsalted butter (15 g)
- 3 scallions, finely sliced (40 g)
- 2 cups frozen peas (280 g)
- 1/4 cup drinking-quality water (60 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 4–6 sound green lettuce leaves, washed and cut into short ribbons (100 g)
- 1 teaspoon lemon juice (5 ml)

Set out

Small saucepan or deep 9-inch (23 cm) skillet with lid, Knife and board, Spoon

Allergens

Milk. Check labels and substitutions.

Make it

1. Melt butter in the pan over medium-low heat. Add scallions and cook for 2 minutes until softened without browning.

2. Add frozen peas, water, salt and pepper. Bring to a gentle simmer, cover and cook for the pea package’s stated time, usually 4–6 minutes, until thoroughly cooked.

3. Fold in the lettuce ribbons, cover again and cook for 2–3 minutes until softened. Uncover briefly only if there is excessive liquid; retain a little buttery juice.

4. Remove from the heat, stir in lemon juice, divide between two plates as a side and serve promptly.

Use the short cooking time deliberately

Prepare the lettuce before the main dish is finished. This side can then be cooked in a short final window without leaving another meal waiting unsafely.

A useful detail

The package’s safe cooking instructions take priority over the example pea timing. Keep the simmer gentle and add a spoonful of water if the pan dries.

Keep it well

Refrigerate promptly in a shallow container within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat covered with a little water to 165°F/74°C; lettuce will be softer. Do not leave the covered cooked pan on an unheated stove for later.