

Italian Braised Peas, Broad Beans and New Potatoes

This fritteda is an Italian celebration of spring, bringing together all the best vegetables this time of year has to offer. It might be Italian in origin but a delight to eat using British produce.

4 tablespoons olive oil
1 large onion, finely chopped
2 garlic cloves, finely sliced
500g asparagus, tips put to one side, stalks finely chopped
400g small new potatoes, scrubbed and halved
½ bunch parsley, leaves picked and finely chopped
½ bunch mint, leaves picked and finely chopped
400g broad beans, parboiled and skinned
400g peas
A squeeze of lemon juice, to taste
Extra-virgin olive oil, to finish
Salt and black pepper

Place a large, wide pan over a medium-low heat and warm up the oil before adding the onion, garlic and asparagus stalks. Add a good pinch of salt and sweat gently for 10 minutes until soft, but not coloured. Add the potatoes, half the herbs and a splash of water. Stir well, turn the heat down to low, cover with a lid and leave for 15 minutes. Occasionally stir. Add in the broad beans, peas and asparagus tips and cook for a further couple of minutes. Check the potatoes are completely soft and tender. Stir in the remaining herbs, check the seasoning, then squeeze in a little lemon juice to taste. Finish with a generous glug of extra-virgin olive oil.

