

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

PEA CREAM AND PRAWNS

RECIPE

THE PEA CREAM

Heat a little olive oil in a pan and sauté the onion until it is soft and golden, about 10 minutes.

Shell the peas. Bring a pot of lightly salted water to a boil and cook the peas for 5 to 8 minutes.

Drain them, saving half the cooking water. Put the peas in a mixer and blend until they are puréed.

Mix them with the onion.

Then add the powdered milk and a little of the cooking water, stir until you obtain a homogeneous cream.

THE PRAWNS

Shell the prawns, sauté them in a hot frying pan with a little oil with a bit of salt for about 3 minutes on medium heat.

Present them with the pea cream.

Season with some freshly ground pepper and sprinkle with the sprouts.



FOR 4 people

PREPARATION 30 minutes

COOKING 5 to 8 minutes for the peas, 3 minutes for the prawns

FOR THE PEA CREAM

- 2.2 lbs. (1 kg) fresh peas
- 1 onion, peeled and diced
- 4 Tbs. milk
- Olive oil

FOR THE PRAWNS

- 12 prawns
- Salt, pepper
- Sprouts