THE LIGHTER PLATE METHOD

Smashed Minted Peas & Chilli on Sourdough

Bright green, lemony peas crushed onto toast with a gentle chilli kick.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**5 min**	**10 min**	**2**	**EASY**

Ingredients

- 250 g frozen peas
- 1 small handful fresh mint (chopped)
- 2 thick slices sourdough
- 0.5 tsp chilli flakes
- 0.5 lemon
- 2 tbsp olive oil

Method

1. Cook the peas in boiling water for 3 minutes, then drain well.
2. Tip into a bowl with the mint, olive oil, a good squeeze of lemon and plenty of seasoning.
3. Crush roughly with a fork or the end of a rolling pin — you want texture, not purée.
4. Toast the sourdough, pile the peas on and finish with chilli flakes, more lemon and a trickle of oil.

Tips & swaps

- Drain the peas thoroughly and let the steam escape for a minute; wet peas make soggy toast. Frozen peas are better here than fresh.

Storage & reheating

Best eaten fresh; crushed pea mixture keeps a day in the fridge.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**10g**	**34g**	**10g**	**8g**

Estimated values, for guidance only. Contains: Gluten.