

Brunch Avocado and Pea Smash (for 2)

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small frypan
heatproof spoon
small bowl
measuring cups and spoons
colander or large sieve
small mixing bowl
cutting board and knife
fork for mashing

| METHOD | INGREDIENTS |
|--|---|
| 1. In the frypan, over a medium heat, toast | 2 TBS pepitas |
| 2. Remove and set aside in the small bowl. | |
| 3. To the same frypan, add | ½ cup filtered water ½ cup fresh or frozen peas |
| 4. Bring to the boil and simmer 2 to 3 minutes until the peas are just softening. | |
| 5. Drain and rinse with cold water to cool. | |
| 6. Transfer to the mixing bowl and mash slightly with the | flesh of 2 small or 1 large avocado |
| 7. Stir in | juice of ½ lime or small lemon ¼ cup finely sliced shallots/green onions ¼ cup chopped fresh parsley or basil ½ - 1 tsp bottled chilli paste (optional) ¼ tsp pink or sea salt cracked pepper to taste |
| 8. Spoon over | 2 large or 4 small pieces of toast |
| 9. Top with reserved toasted pepitas and | 80 g feta , crumbled (optional) sprinkle of dried chilli flakes (optional) |

