



Smashed avocado and peas with goats' cheese (serves 1)

Simple, fast, and delicious green goodness on toast! Perfect for the weekend or an after-school snack.

Ingredients

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| 1/2 cup frozen peas | olive oil for drizzling |
| 1/2 avocado | loads of black pepper |
| 2 tbs olive oil | pinch of turmeric |
| juice of half a lemon | flaky salt |
| handful chopped mint | 20g goats' cheese, crumbled |
| 1 slice of wholegrain sourdough, toasted | |

Method

1. Put the frozen peas in a bowl and pour over a cup of boiling water. Let sit for five minutes then drain well.
2. Dry the bowl and return the peas. Add the avocado, olive oil, lemon juice and mint and smash and mix with a fork. You don't want a smooth paste by any means, just chunks of smashed peas and avocado.
3. Place the toast on a plate, moisten the toast with a little olive oil, then tumble over the green smash.
4. Add pepper, turmeric, and salt, then crumble the cheese over the top. A little extra drizzle of olive wouldn't go astray. *Enjoy!*

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