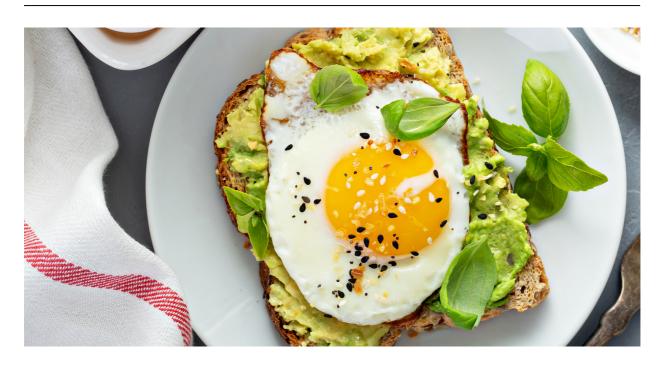


SMASHED PEAS AND EGG

Serves: 1 Ready in: 10 mins Cost per serve: \$0.70



Ingredients

1 tsp olive oil

14 cup frozen peas

½ tsp lemon juice

1 egg

1 slice wholemeal bread

1 pinch pepper (optional)



Choose wholemeal bread instead of white bread for more fibre.

Sweet potatoes or pumpkin can be used to substitute peas by cooking until soft.

Directions

- 1. Microwave peas in microwave safe bowl with a splash of water for 2 minutes. Add lemon juice to peas and smash with a fork to form a paste.
- 2. Heat olive oil in a pan over medium heat. Crack egg into pan and cook until the egg white has turned opaque and yolks are cooked to your liking.
- 3. Toast bread. Spread pea paste and top with egg. Season with pepper if desired.

Add your favourite vegetables or salad for some crunch and to increase your vegetable intake.

