



SMASHED PEAS AND EGG

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



Ingredients

- 1 tsp olive oil
- ¼ cup frozen peas
- ½ tsp lemon juice
- 1 egg
- 1 slice wholemeal bread
- 1 pinch pepper (optional)

✓ Tips

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.

