



# UCOOK

## Smashed Edamame & Pea Toast

with tahini & fresh chives

Your colleagues will be green with envy when you proudly savour this gorgeous lunch at work. A creamy, tahini-infused, smashed edamame bean & pea smear tops warm slices of sourdough bread. Adorned with strands of pickled onion and little dots of bright green chives.

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**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

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**Serves:** 4 People

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**Chef:** Jemimah Smith

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Lunch

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Ingredients & Prep

|          |                                                   |
|----------|---------------------------------------------------|
| 8 slices | Sourdough Rye Bread                               |
| 200g     | Edamame Beans                                     |
| 200g     | Peas                                              |
| 200ml    | Crème Fraîche                                     |
| 20ml     | Tahini                                            |
| 80g      | Pickled Onions<br><i>drain &amp; finely slice</i> |
| 20ml     | Old Stone Mill Salad<br>Sprinkle Spice            |
| 10g      | Fresh Chives<br><i>rinse &amp; finely chop</i>    |

From Your Kitchen

|                           |
|---------------------------|
| Seasoning (salt & pepper) |
| Water                     |

**1. TASTY TOAST** Toast the bread in a toaster. Alternatively, heat the bread in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

**2. CREAMY BEANS & PEAS** In a bowl, combine the edamame beans, the peas, the crème fraîche, the tahini (to taste) and seasoning. When mixing, smash up the beans and peas until a chunky consistency.

**3. WHAT A LOVELY LUNCH** When the bread is done, spread the smashed edamame and pea mixture over your toast. Top with the sliced pickled onions, the salad sprinkle and the chopped chives.

Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 917kJ   |
| Energy             | 220kcal |
| Protein            | 6.8g    |
| Carbs              | 26g     |
| of which sugars    | 3.3g    |
| Fibre              | 2.9g    |
| Fat                | 8.4g    |
| of which saturated | 3.9g    |
| Sodium             | 348.1mg |

Allergens

Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat  
Within  
2 Days