



U!COOK

Smashed Edamame & Pea Pita Pockets

with tahini & fresh parsley

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	947kJ	2461kJ
Energy	227kcal	589kcal
Protein	7g	18.2g
Carbs	26g	69g
of which sugars	3.2g	8.3g
Fibre	3.6g	9.4g
Fat	8.7g	22.7g
of which saturated	4.4g	11.3g
Sodium	286mg	744mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Edamame Beans
150g	200g	Peas
150ml	200ml	Crème Fraîche
15ml	20ml	Tahini
3	4	Pita Breads
60g	80g	Pickled Onions <i>drain & finely slice</i>
15ml	20ml	Old Stone Mill Salad Sprinkle Spice
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. 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.

2. TOASTY PITA Heat the pita bread in a microwave until softened, 15 seconds. Once it has cooled slightly, cut in half and gently open the pockets.

3. WHAT A LOVELY LUNCH When the pita is done, fill the pockets with the smashed edamame and pea mixture. Top with the pickled onions, the salad sprinkle and the parsley.