



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.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 2 People

Chef: Jemimah Smith

Lunch

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Ingredients & Prep

4 slices	Sourdough Rye Bread
100g	Edamame Beans
100g	Peas
100ml	Crème Fraîche
10ml	Tahini
40g	Pickled Onions <i>drain & finely slice</i>
10ml	Old Stone Mill Salad Sprinkle Spice
5g	Fresh Chives <i>rinse & 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