

INGREDIENTS

- 2/3 cup green peas, frozen
- 3/8 cup natural tofu
- 1/4 avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

DIRECTIONS

1. In a large bowl, place the frozen peas in boiling water and wait until defrosted (a few minutes). Then drain and transfer to a blender.
2. Crumble the tofu and add to the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste forms.
3. If necessary, add some more mint and lemon to adjust the taste. Serve with toast.

TOFU & GREEN PEAS PASTE

Serves 1

