

Smashed peas and broad beans on toast

Serves 4



Equipment list

- Weighing scales
- 3 mixing bowls
- Pestle and mortar
- Measuring spoons
- Microplane
- Chopping board
- Knife
- Griddle pan



Farmers' markets and good supermarkets are beginning to sell pea shoots - use them in the same way as salad leaves - they're super tasty! Before you buy fresh peas, bust open a pod or two and eat a few peas to make sure they are not too big, turning pale, splitting or horrible and floury.



Don't use frozen peas and broad beans for this because it sort of misses the point. Made with raw peas and sweet fresh broad beans, the whole thing will taste alive and just like summer. Get them early enough in the season and they'll be even sweeter.

Ingredients

- 150g fresh podded peas
- 200g fresh podded broad beans
- ½ a bunch of fresh mint
- sea salt and freshly ground black pepper
- extra virgin olive oil
- 30g pecorino or Parmesan cheese, plus extra for serving
- 1 lemon
- 4 slices of sourdough bread
- 1 clove of garlic
- 1 x 125g ball of mozzarella
- a handful of pea shoots

Allergy info



wheat, gluten, dairy



Sometimes food

For nutritional information, ask your teacher.

