

SMASHED PEA SOURDOUGH WITH FETA AND HOT SMOKED SALMON

Tired of Avocado toast? Try this delicious, savory breakfast, brunch or lunch dish. Bursting with rich pea flavor and complemented by creamy vegan mayo, this dish will quickly become both a favorite and the easiest one to prepare and savor.



PREP TIME
10 MIN



COOK TIME
3 MIN



SERVINGS
4

Ingredients

- 1 cup of peas
- 80g feta cheese (optional)
- 80g hot smoked salmon (optional)
- 20g of rocket leaves
- 8 tbsps of [Blenders Vegan Mayo](#)
- 8 slices of sourdough bread
- Salt and Pepper
- 1 lemon
- 10g of pea shoots
- 8 radishes

Allergens

Contains Gluten, Fish, Milk, Mustard

Method

1. Pour the peas into a bowl and mash up using a fork or hand blender. Mash until the peas are spreadable and not watery. Add a pinch of salt and pepper and a squeeze of lemon. Toast your sourdough until it's gold and crispy.
2. Spread sourdough with a generous amount of [vegan mayo](#), top with a generous dollop of pea mash and some crumbled feta. Top it off with pea shoots and a few slices of radish for taste and color. For an optional topping, you can add hot smoked salmon.

