



Flourishing Kitchen

Green Pea and Avocado Smash Recipe

Raw. Vegan. Gluten-free.

Prep Time: 10 mins | Cook Time: 0 mins | Total Time: 10 mins

Serves: 3

Recipe Ingredients:

1 scant cup of fresh peas (or frozen, defrosted)
1 ripe avocado
1 lime
2 spring onions
few sprigs of fresh coriander
½ tsp chipotle flakes
Pinch sea salt

You Will Need:

a small bowl
a paring knife
a fork
a citrus juicer



Recipe Directions

1. Top and tail the spring onions and finely slice them. Finely chop the coriander. Juice the lime.
2. Slice the avocado into 2. Discard the seed and skin. Mash with a fork.
3. Add the peas to your mashed avocado. Give them a really good smash with your fork so they are mostly crushed. You can leave some of them whole if you want to which adds more texture to the dish.
4. Add in the spring onion, lime juice and chipotle chilli flakes. Stir it together lightly then taste. Add sea salt to your own liking.

Notes

I like to keep back a little spring onion, salt, coriander and chilli flakes while making this dish and then sprinkle them on top just before serving because it looks so pretty when you do this.

This dish keeps well when covered and stored in the fridge for 2-3 days.

Serving Suggestion:

Enjoy this with your favourite raw vegetables like sliced carrot, celery, radishes.