

# TOFU & GREEN PEAS PASTE



Serves: 1  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
290 kcal  
21g Fats  
17g Carbs  
11g Protein



## WHAT YOU NEED

- $\frac{2}{3}$  cup (100g) green peas, frozen
- $\frac{3}{8}$  cup (50g) natural tofu
- $\frac{1}{4}$  avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

## WHAT YOU NEED TO DO

*In a large bowl, place the frozen peas with boiling water and wait a few minutes until defrosted. Then drain and transfer into a blender.*

*Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.*

*If necessary, add some more mint and lemon to adjust the taste. Serve with toast (not included in nutrition info).*

