



Peas and pesto on sourdough toast

Prep: 5 minutes • Cook: 10 minutes • Serves: 2



Ingredients

200g frozen peas
2 slices wholemeal sourdough bread
2 eggs
2 tablespoons green pesto alla Genovese
Chilli flakes
Cracked black pepper

- 1** Cook the peas in a pan of boiling water for 3 to 4 minutes. Drain and tip peas back into pan with the pesto. Using a wooden spoon, crush the peas.
- 2** Poach the eggs. Fill a saucepan with water and heat until boiling. Lower the heat until the water is simmering. Crack one egg into a small bowl and gently slip it into the simmering water. Add all the eggs you are poaching to the pan in the same way, keeping some distance between them. Turn off the heat, cover the pan and let sit for 4 to 5 minutes.
- 3** Toast the sourdough bread slices.
- 4** Assemble the dish: take the toast and top with the prepared crushed peas. Gently lift out the eggs with a slotted spoon and put on top of the peas. Sprinkle with chilli flakes and cracked black pepper to taste.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✓
Low salt ✗
Low fat ✓

Cost per portion (January 2023) **70p**

Carbohydrate **27g**

Energy in kcals **278**