

Smashed Pea & Edamame Dip

- 250g frozen garden peas
- 250g frozen edamame beans
- 1 bunch of spring onions, with ends trimmed
- 15g fresh mint
- 15g fresh coriander
- 1 garlic clove
- 1 lime, zest & 2 tbsp juice
- 1 tsp white miso paste
- 1 tsp soy sauce
- 1 tsp agave syrup
- 1 block silken tofu (290g drained weight)
- ½ tsp flaked salt
- 1 tsp olive oil

Garnish: 1 tbsp of peas/beans, toasted black & white sesame seeds & chilli crisp oil.

Pre-heat oven to 200C. Place the spring onions on a baking sheet, drizzle with 1 tsp of olive oil and salt. Mix to evenly coat the spring onions. Bake for around 5-8 mins until soft and slightly charred. Meanwhile, bring a pan of water to the boil, add the frozen peas & edamame beans and blanch for 1 min. Drain immediately and reserve 1 tbsp for the garnish. Place the garlic in the Magimix main bowl with the main blade and AUTO for 10 secs to mince. Add the drained peas & beans along with the cooked spring onions and remaining ingredients. AUTO or PULSE for 10-15 secs, scraping down the sides after the first 5 secs. The consistency should be chunky but combined.

Serve in a bowl and garnish with the reserved peas & beans, chilli crisp & toasted sesame seeds.

