

Yin 'n' yang green smash on rye

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Magdalena Roze shares her yummy smash on rye and it's not just avocado on toast.

"I could have left it at peas, feta, mint and lemon, but I couldn't resist adding the avocado and rye bread, making this the ultimate savoury breakfast – packed with nutrients to keep you going all day. While fresh peas are always preferable, the humble frozen pea holds its own when it comes to nutrients, fibre and, of course, convenience, so I've always got a bag in the freezer. And here's a little factoid on peas: while they're a great source of protein, they don't have the complete package of amino acids – being high in lysine (great for building bones and antibodies) but lacking methionine (important in nerve function and liver repair). Wholegrains like rye, on the other hand, have the opposite composition, so they make the perfect yang to the peas' yin!"

Ingredients (serves 5)

- 400 g (3 ½ cups) fresh or frozen peas
- 2 spring onions, thinly sliced
- 2 tbsp crème fraîche or Greek yoghurt
- 2 tbsp shredded mint, plus extra small leaves to serve
- Juice of ½ lemon, plus lemon wedges to serve
- Sea salt and freshly ground black pepper
- 2 tbsp extra-virgin olive oil

- 4 thick slices of sourdough rye bread
- 1 avocado, thickly sliced
- 100 g marinated Persian feta, crumbled
- 2 handfuls of watercress
- 1 pear, cored and thinly sliced
- 2 tbsp roughly chopped toasted walnuts
- 1 tbsp toasted pumpkin seeds
- 1 tbsp toasted sunflower seeds
- Pinch of chilli flakes

Ingredients

Put your favourite tunes on.

Cook the peas in boiling salted water for 4 to 5 minutes, then drain. Using a potato masher, coarsely crush the peas until softened but still a little chunky. Add the spring onion, crème fraîche or yoghurt, mint and 1 teaspoon of the lemon juice. Season to taste, cover and set aside.

Meanwhile, heat a chargrill pan over medium-high heat. Drizzle half of the oil over the bread slices and cook on both sides until golden and toasted.

Top the toast with the pea mixture, avocado and feta. Arrange the watercress, pear and walnuts in a small bowl.

Whisk the remaining lemon juice and oil in a small bowl and drizzle over everything. Scatter over the toasted seeds, chilli flakes and extra mint.

Season with salt and pepper and serve with lemon wedges on the side.

This recipe is an extract of [Happy & Whole](#) by Magdalena Roze, published by Plum. \$39.99

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