



# Mashed Peas with Mint Bruschetta

Makes: 6-8 servings

Prep Time: 7 minutes Cook Time: 5 minutes

Total Time: 12 minutes

## Ingredients

- 1 & 1/2 cups frozen peas
- A handful of mint leaves (about 1/2 cup)
- 1 clove of garlic, minced (plus 1/2 clove of garlic for rubbing on bread)
- 4 tbsp olive oil
- 1 tsp lemon juice
- Salt, to taste
- Pepper, to taste
- 6-8 slices of bread (baguette or ciabatta are best)

## Instructions

Bring a small pot of water to a boil and add the peas. Blanch them for 60 seconds in the water. Strain.

In a food processor or using a stick blender, add the peas, mint, garlic, 2 tablespoons of the olive oil, lemon juice, salt, and pepper. Pulse until you get a consistency that sticks together but is still chunky.

Brush the sliced bread with the remaining olive oil on both sides and add to a hot skillet or oven grill. Grill on each side for around 2-3 minutes if using a hot skillet or 5-7 in the oven.

Rub the garlic on the bread before topping generously with the pea mix.

*Recipe by Heartful Table*