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Davina's Smashed Minty Peas & Soft Boiled Egg

Preparation time: 15 minutes

Recipe by: Davina



INGREDIENTS

2 eggs (100g)

1 tsp olive oil (4.2g)

1 small shallot, finely chopped (30g)

1 clove garlic, finely chopped (3g)

100g frozen peas, defrosted

Small bunch mint, leaves roughly chopped (4g)

4 Ryvita Lightly Salted Rye Cakes (64g)

METHOD

1. Cook the eggs in boiling water for 6 minutes. Run under cold water then peel and cut in half.
2. Heat the olive oil in a small pan and cook the shallot for 3-4 minutes until softened. Add the garlic and cook for 1 more minute.
3. Add the peas and 2 tbsp. water and cook for 2 minutes. Season then mash the peas using the back of a fork or a potato masher.
4. Stir through the mint then spread onto the crackers and top each with half a boiled egg and a pinch of ground black pepper.

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