



Crostini with pea purée, rocket & broad beans

READY IN



25 min.

SERVINGS



6

CALORIES



582 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g avarakkai / broad beans
- ☐ 400 g pea-mond dressing frozen
- ☐ 85 g butter
- ☐ 100 g yogurt
- ☐ 1 leaves mint leaves
- ☐ 1 ciabatta bread sliced
- ☐ 1 small bunch optional: dill chopped
- ☐ 2 handfuls arugula
- ☐ 140 g radishes thinly sliced

- ☐ 85 g pecorino cheese
- ☐ 6 servings olive oil extra virgin extra-virgin for drizzling, if you like

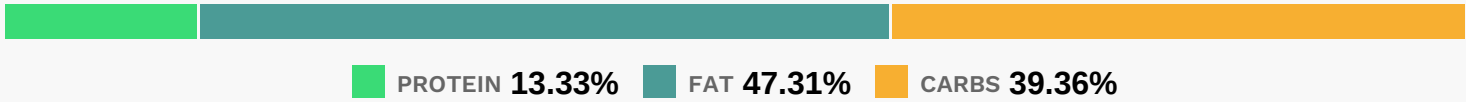
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ immersion blender
- ☐ peeler

Directions

- ☐ Cook the broad beans in a pan of boiling water for 4 mins until just tender.
- ☐ Drain, cool under cold running water, then drain and set aside. In the same pan, fry the peas in half the butter until just cooked. Allow to cool, then blitz with a hand blender or in a food processor with the mint, yogurt and seasoning until smooth.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Melt the rest of the butter in a small pan, stir in the dill, then brush over the slices of bread.
- ☐ Bake for 10–12 mins until the bread is crisp and golden.
- ☐ Spread some pea pure onto each slice, then top with rocket, broad beans and radishes. Use a potato peeler to shave pecorino on top.
- ☐ Drizzle with olive oil, if you like, before serving.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:7.12, Inflammation Score:-7, Nutrition Score:14.046956593576%

Flavonoids

Pelargonidin: 14.73mg, Pelargonidin: 14.73mg, Pelargonidin: 14.73mg, Pelargonidin: 14.73mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Luteolin: 0.02mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg
Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Quercetin: 0.62mg,
Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 581.55kcal (29.08%), Fat: 30.93g (47.58%), Saturated Fat: 12.41g (77.59%), Carbohydrates: 57.91g (19.3%),
Net Carbohydrates: 50.47g (18.35%), Sugar: 4.27g (4.74%), Cholesterol: 47.36mg (15.79%), Sodium: 651.88mg
(28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.6g (39.2%), Folate: 188.48µg (47.12%), Fiber: 7.44g
(29.77%), Phosphorus: 280.82mg (28.08%), Manganese: 0.5mg (25.01%), Calcium: 219.31mg (21.93%), Vitamin K:
19.43µg (18.51%), Vitamin E: 2.61mg (17.4%), Magnesium: 63.32mg (15.83%), Copper: 0.29mg (14.39%), Iron: 2.56mg
(14.22%), Vitamin A: 617.37IU (12.35%), Vitamin B1: 0.18mg (12.24%), Zinc: 1.77mg (11.81%), Potassium: 396.47mg
(11.33%), Vitamin B2: 0.16mg (9.56%), Selenium: 5.26µg (7.51%), Vitamin B6: 0.13mg (6.51%), Vitamin C: 5.05mg
(6.12%), Vitamin B5: 0.54mg (5.35%), Vitamin B12: 0.24µg (4.07%), Vitamin B3: 0.68mg (3.39%)