



Sweet Potato Toast with Avocado, Cashew and Pea Puree

Ingredients

10 ounces sweet potato (1 small sweet potato)
3 ounces peas (frozen)
½ avocado
½ cup raw cashews
2 tablespoons lemon juice
Salt, pepper, red pepper flakes
1 handful lamb's lettuce
4 ounces feta

Sprouts, radish, green onion and parsley for toppings

Preparation steps

Peel and wash the sweet potato and cut it into about 4-6 slices. Bake the slices in a preheated oven at 390°F for about 8-10 minutes.

Meanwhile, cook the peas in boiling water for 3 minutes at medium heat. Then drain and allow to drain. Soak the cashews in water overnight, drain and blend to a smooth puree. Remove the avocado flesh from the peel and puree with a hand blender together with the peas, cashews and lemon juice and season to taste with salt, pepper and chili flakes.

Wash lamb's lettuce and spin dry. Crumble feta. Then remove the sweet potato slices from the oven, cover with lamb's lettuce, place the avocado and pea puree on top, sprinkle with feta crumbs and serve garnished with chilli flakes.

You may add any topping you like, our favorite is radish, sprouts and green onion!