



Marrowfat Pea Guacamole

Marrowfat peas are grown in the UK, nutrient dense, and regenerate soil.



Quick & Easy

Ingredients

- 100g Marrowfat Peas, soaked overnight
- 3 Garlic Cloves
- 1 Handful of Mint
- ½ Red Chilli, diced
- Olive Oil, to taste
- Apple Cider Vinegar or Lime Juice, to taste
- Salt, to taste

Instructions

1. Cook marrowfat peas in salted water with the garlic cloves.
2. Once the marrowfat peas are cooked, drain and crush them whilst hot, along with the garlic, into a chunky texture.
3. Add the chilli and season with salt, vinegar and oil. For a looser guac add more oil.

Serve:

Serve with homemade or local bread, along with spring onion and radish.

Notes:

The Bluebird Bakery in Holmfirth and The Handmade Bakery at the Holmfirth Community Market sell local organic bread.

