Smoked Trout, Pea and Dill Breakfast Toasts

4 open toasts; 2 per serving | Active 15 min | Cook 5 min | Total 20 min

Ingredients

- 1 1/2 cups frozen peas (200 g)
- 1 tablespoon water (15 ml)
- 1/3 cup part-skim ricotta (80 g)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped fresh dill (4 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- 4 slices whole-wheat bread (160 g total)
- 1 teaspoon olive oil (5 ml)
- 5 1/3 oz ready-to-eat hot-smoked trout, skin and bones removed (150 g edible fish)

Set out

Microwave-safe covered bowl, Fork, Toaster or oven grill, Small bowl, Clean knife and board

Allergens

Fish (trout), Milk, Wheat. Check labels and substitutions.

A savory change of pace

These open toasts offer a different breakfast texture from eggs or a yogurt bowl. Pack the pea mixture and fish separately from bread if taking them out. Building the toast where you eat keeps its crisp edge, and the four-slice yield makes the recipe straightforward to divide between two people.

Make it

1. Put peas and water in the covered bowl, leaving a steam vent. Microwave on high for 2–3 minutes, stirring halfway, until hot and tender; follow package cooking directions if they require longer. Let stand uncovered for 2 minutes.

2. Crush peas roughly with a fork. Stir in ricotta, lemon juice, half the dill and black pepper.

3. Toast the bread until crisp at the edges. Brush the four slices with the measured olive oil.

4. Spread one quarter of the pea mixture on each toast. Flake the ready-to-eat trout, checking for bones, and divide it evenly over the toasts. Scatter the remaining dill over the fish and serve two toasts per person.

Estimated nutrition per serving

Calories: 465 kcal | Protein: 35.9 g | Carbohydrate: 50.7 g | Fat: 14.0 g | Fiber: 9.4 g. One of 2 servings. Batch yield: 4 open toasts; 2 per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A useful detail

No added salt is specified because smoked trout can be quite salty. Check both the label and the finished topping before adding salt separately.

Another way

Replace trout with 150 g ready-to-eat hot-smoked salmon, checking the label and removing any skin or bones.

Use 4 g chopped fresh parsley instead of dill for a milder herb finish.

Keep it well

Prepare the pea-ricotta mixture up to 1 day ahead and refrigerate at 40°F/4°C or below. Keep opened trout refrigerated and follow the packet opening limit, using the shorter limit if it is less than 1 day. Assemble toast immediately before eating. Refrigerate perishables within 2 hours, or 1 hour above 90°F/32°C; transport with two cold sources.