Chickpea and Pea Mash with Rye Crispbread

8 loaded rye crispbreads; 4 crispbreads and half the mash per serving | Active 12 min | Cook 6 min | Total 22 min

Ingredients

- 150 g (about 5.3 oz) fresh peas, shelled weight
- 200 g (about 7.1 oz) ready-to-eat canned chickpeas, drained and rinsed
- 30 ml (about 2 US tbsp) water
- 50 g (about 1.8 oz) plain yogurt
- 15 ml (about 1 US tbsp) lemon juice
- 10 ml (about 2 US tsp) olive oil
- 5 g (about 1/4 US cup loosely packed leaves before chopping) fresh mint leaves, finely chopped
- 1 g garlic powder, about 1/3 tsp
- 1 g (about 1/8 US tsp plus a small pinch) fine salt
- 0.2 g (a small pinch) ground black pepper
- 80 g (about 2.8 oz) plain rye crispbread, 8 pieces of about 10 g (about 0.35 oz) each

Set out

1000 W microwave with turntable, Microwave-safe bowl, 1.5 L (about 1.6 US qt) capacity, Microwave-safe vented cover, Fork or potato masher, Spoon, Knife and board, Kitchen scale and measuring jug, Oven mitts, Two serving plates

Allergens

Milk, Rye. Check labels and substitutions.

Make it

1. Put the peas and 30 ml (about 2 US tbsp) water in the 1.5 L (about 1.6 US qt) bowl. Cover with a vented cover. Microwave at 1000 W full power for 2 minutes, stir, then cook 1-2 minutes more until the peas are tender enough to mash. Keep all the water.

2. Add the drained chickpeas, garlic powder, salt and pepper. Stir, cover again and microwave at full power for 2 minutes, stirring halfway through, until the beans are hot throughout. Let stand covered for 2 minutes.

3. Mash the warm peas and chickpeas coarsely with the fork or masher. Stir in all the yogurt, lemon juice, olive oil and chopped mint. Leave some small pieces for texture rather than blending smooth.

4. Divide all the mash over the 8 crispbreads and serve 4 per person. For a later portion, keep its mash and dry crispbreads separate until serving.

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A complete crispbread portion

The recipe uses 80 g (about 2.8 oz) crispbread in total, divided 40 g (about 1.4 oz) per person. If your pieces weigh differently, weigh the portion instead of assuming four pieces always equal 40 g (about 1.4 oz).

Fresh and frozen have different routes

The stated clock uses fresh peas. Frozen peas are not treated as a ready-to-eat ingredient; follow the complete package cooking route before using them in the variation.

Ingredient labels

Rye contains gluten. Crispbread may also contain wheat, sesame or soy; check its label.

A useful detail

The 22-minute estimate allows shelling or weighing prepared fresh peas, up to 6 minutes of sequential heating, the 2-minute stand and assembly. If shelling from whole pods, allow extra time for a large or awkward batch. Times are starting ranges for a 1000 W microwave. Use the stated power setting, stir and turn as directed, and use the food endpoint rather than the clock alone. A different wattage or bowl shape may need additional short bursts.

Another way

Use 150 g (about 5.3 oz) frozen peas only after giving them the full cooking process on their package, including its water, stir and stand instructions. If the label gives only a whole-pack process, cook that full pack, weigh 150 g (about 5.3 oz) cooked peas for this recipe and cool unused peas promptly; this alternative can extend the clock. Omit the fresh-pea cooking stage and begin the bean stage with the cooked peas and the recipe’s 30 ml (about 2 US tbsp) water; drain any excess package-cooking water if the label directs.

Replace mint with 5 g finely chopped flat-leaf parsley for a less cooling flavor.

Keep it well

Refrigerate the mash in a shallow covered container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days. Keep crispbreads dry and airtight. Serve the mash cold, or reheat a separate portion with stirring to 165°F/74°C and stand 2 minutes; add to the crispbread immediately before eating.