



# Traditional Greek Fava (Yellow split pea puree)

**20 minutes**

Hands on

**4-6**

Portion(s)

**1**

Difficulty



## Method

- Place the split peas in a bowl, pour the boiling water over it and stir with a wooden spoon until the water turns brown.
- Drain and transfer to a separate bowl. Set aside until needed.
- Chop the carrot, onion and garlic into thick slices and place in a [pot](#).
- Add 2 tablespoons of olive oil, salt, pepper, sugar and bay leaves.
- Place pot over high heat and sauté the vegetables for 2-3 minutes until they soften. Be careful not to let them turn too golden.
- Add the split peas, stir and add the stock.
- Add the rosemary and simmer for 15 minutes, until the water evaporates, stirring all the time.
- When ready, remove from heat and discard the rosemary and bay leaves.
- Transfer the contents of the pot to a food processor.
- Add the lemon zest, the juice and 4 tablespoons of olive oil.
- Beat until the mixture is pureed and smooth.
- Serve with roasted cherry tomatoes and onions, drizzle with some extra virgin olive oil, sprinkle with some thyme, freshly ground pepper.

## Ingredients

- 1 liter boiling water
- 200 g yellow split peas
- 1 carrot
- 1 onion
- 1 clove of garlic
- 6 tablespoons olive oil
- pepper
- salt
- pinch of sugar
- 2 bay leaves
- 1.200 g vegetable broth or 1 vegetable bouillon cube diluted in 1.200 g of water
- 1 sprig rosemary
- grated zest and juice from 1 lemon

To serve

- roasted cherry tomatoes and onions
- some fresh thyme
- freshly ground pepper
- 1 tablespoon olive oil

## Διατροφικός πίνακας

Nutrition information per portion

235 Calories (kcal)	13.1 Total Fat (g)	2.0 Saturated Fat (g)	20.1 Total Carbs (g)
12%	19%	10%	8%
4.8 Sugars (g)	8.2 Protein (g)	1.1 Fibre (g)	0.27 Sodium (g)
5%	16%	4%	5%