



Traditional Greek fava (yellow split pea puree)

10'
Hands on

15'
Cook Time

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 water, boiling
- 200 g yellow split peas
- 1 carrot
- 1 onion
- 1 clove(s) of garlic
- 6 tablespoon(s) olive oil
- pepper
- salt
- 1 pinch granulated sugar
- 2 bay leaves
- 1.200 g water
- 1 vegetable bouillon cube
- 1 sprig(s) rosemary
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon

To serve

- cherry tomatoes, roasted
- onion, roasted
- pepper
- 1 tablespoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

228 Calories (kcal)	12.0 Total Fat (g)	1.9 Saturated Fat (g)	20.0 Total Carbs (g)
11%	17%	10%	8%
4.8 Sugars (g)	8.2 Protein (g)	1.1 Fibre (g)	0.36 Sodium (g)
5%	16%	4%	6%