



# Black Eyed Peas and Rice Salad

**30 minutes**

Hands on

**4-6**

Portion(s)

**1**

Difficulty



## Ingredients

- 250 g beans, black eyed peas, dried
- 1/2 clove(s) of garlic
- 1 bay leaf
- 125 g basmati rice
- 1 round barley rusk
- 1/2 onion, finely chopped
- 1/4 bunch mint
- 1/2 bunch parsley
- lime zest, of 2 limes
- lime juice, of 2 limes
- 5 tablespoon(s) olive oil
- salt
- pepper
- 1 red bell pepper
- 250 g feta cheese
- strained yogurt, optional, to serve

## Method

- Soak the black eyed peas in a bowl with water and a good pinch of salt. Cover with plastic wrap and refrigerate for at least 6 hours.
- Boil the rice in a pot full of salted water for 10 minutes. Drain and set aside to cool.
- When the black eyed peas have swelled from soaking, drain. Add them to a pot along with 1 bay leaf and 1 clove of garlic but no salt. Boil for 15 minutes. When ready, drain and set aside to cool.
- Mash a clove of garlic with about 50 ml of olive oil, in a small blender or with a mortar and pestle.
- Transfer garlic-olive oil mixture to a large bowl.
- Add the onion, lime zest and lime juice.
- Remove the seeds from the red pepper and chop into small cubes. Finely chop the mint and parsley. Add them to the bowl and toss to coat.
- Break the round barley rusk into medium sized pieces and add to the salad. Drizzle with extra olive oil. Season with salt and pepper and mix well. Add the black eyed peas and rice (cold) and mix. Crumble the feta cheese over the top and mix gently.
- Serve with 1 tablespoon of yogurt to each serving (optional).

## Διατροφικός πίνακας

Nutrition information per portion

490 Calories (kcal)	23.0 Total Fat (g)	7.9 Saturated Fat (g)	48.0 Total Carbs (g)
25%	33%	40%	18%
3.9 Sugars (g)	20.0 Protein (g)	6.2 Fibre (g)	1.2 Sodium (g)
4%	40%	25%	20%