



Greek black eyed peas salad with tahini sauce

10'

Hands on

4-6

Portion(s)

1

Difficulty



Method

For the salad dressing

- In a food processor, add the lemon zest and lemon juice.
- Add the olive oil, tahini, maple syrup, garlic, water, salt and pepper.
- Beat for 3-4 minutes until all of the ingredients are completely incorporated and set aside.

For the salad

- Finely chop the spring onions.
- Dice the bell peppers and carrot into small cubes and add them to the bowl.
- Finely chop the parsley and add it to the bowl.
- Add the black eyed peas and mix with a wooden spoon.
- Drizzle with salad dressing.
- Toss thoroughly, check seasoning and serve.

Ingredients

For salad dressing

- grated zest + juice from 1 lemon
- 2 tablespoons olive oil
- 2 tablespoons tahini
- 2 teaspoons maple syrup or honey
- 1 clove of garlic
- 50 g water
- salt
- pepper

For salad

- 3 spring onions
- 1 green bell pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 1 carrot, peeled
- ½ bunch parsley
- 250 g black eyed peas, boiled

Διατροφικός πίνακας

Nutrition information per portion

152 Calories (kcal)	8.2 Total Fat (g)	1.2 Saturated Fat (g)	12.1 Total Carbs (g)
8%	12%	6%	5%
4.5 Sugars (g)	5.6 Protein (g)	3.3 Fibre (g)	0.19 Sodium (g)
5%	11%	13%	3%