



Greek black eyed peas salad

10'

Hands on

40'

Cook Time

4

Portion(s)

1

Difficulty



Method

- In a **pot** of boiling water, add the black eyed peas and boil for 30-40 minutes. When ready, remove from heat, drain, rinse with water to cool and set aside until needed.
- Peel the celery root and **cut** into small pieces. Dice the leek and carrot.
- Place a **pan** over heat and let it get very hot. Add the olive oil, vegetables, pepper, salt and granulated sugar. Sauté for 3-4 minutes, until they caramelize nicely.
- Turn off heat and allow the vegetables to soften and cool in the pan.

For the dressing

- In a large bowl, add the olive oil, lemon zest, lemon juice, honey and finely chopped chili pepper. Mix and allow the oil to pick up all of the aromas.

To assemble

- In the bowl with the dressing, add salt, pepper, sautéed vegetables and the black eyed peas.
- Cut the tomato in half and squeeze to remove the seeds and moisture. Dice and add to the bowl.
- Coarsely chop the fresh parsley leaves (without the stems), basil and mint and finely chop the green part of the spring onion. Add to bowl and toss.
- Transfer to a serving bowl, drizzle with olive oil and serve.

Ingredients

- 250 g black eyed peas
- 100 g celery root
- 1 leek
- 1 carrot
- 2 tablespoons olive oil
- salt
- pepper
- 1 teaspoon granulated sugar
- 1 tomato
- 2 tablespoons fresh basil
- 10 mint leaves
- 1/3 bunch parsley
- 2 spring onions

For dressing

- 80-100 g olive oil
- grated zest and juice from 1 lemon
- 1 chili pepper
- salt
- pepper

To serve

- 1 tablespoon olive oil

Διατροφικός πίνακας

Nutrition information per portion

482 Calories (kcal)	27.0 Total Fat (g)	4.1 Saturated Fat (g)	39.0 Total Carbs (g)
24%	39%	21%	15%
9.9 Sugars (g)	15.0 Protein (g)	6.6 Fibre (g)	0.83 Sodium (g)
11%	30%	26%	14%