



Black-eyed peas and smoked trout salad

10'
Hands on

6-8
Portion(s)

1
Difficulty



Ingredients

- 200 g black eyed peas
- salt
- 6 tablespoon(s) dill
- 6 spring onions
- 1 red bell pepper
- 300 g smoked trout
- 6 tablespoon(s) capers, unsalted

For the dressing

- 50 g olive oil
- lemon juice, of 2 lemons
- 1 tablespoon(s) mustard, soft
- salt
- pepper
- 1 teaspoon(s) garlic, powder

Method

Special thanks to Christina Tsagkli for this recipe!

- **Boil** the black-eyed beans for 20 minutes. When they are ready, strain and season with salt.
- **Finely chop** the dill, spring onions, and pepper into 0,5 cm cubes and place them in a **bowl**.
- Cut the trout into small pieces, add it to the bowl and add the unsalted caper.

For the dressing

- In a bowl, mix the olive oil, lemon, mustard, salt and pepper, and garlic.
- Place on top of the rest of the ingredients and serve.

Διατροφικός πίνακας

Nutrition information per portion

206 Calories (kcal)	9.2 Total Fat (g)	1.5 Saturated Fat (g)	14.0 Total Carbs (g)
10%	13%	8%	5%
2.4 Sugars (g)	15.0 Protein (g)	2.1 Fibre (g)	1.1 Sodium (g)
3%	30%	12%	18%