

TURMERIC PEAS

Time: 60 minutes

Serves: 4

Ingredients:

200g split yellow peas - washed
20ml avocado or other neutral-flavoured cold-pressed oil
200g yellow onion - finely chopped
15g garlic - finely chopped or grated
15g fresh ginger - finely chopped or grated
1.5g ground turmeric
3g salt
20g red bell pepper – seeded – small dice
5g cilantro - finely chopped

Preparation:

Place the peas in a small pot and cover with water. Place on high heat until a boil is reached. Reduce temperature to simmer for five minutes and set aside.

Place a medium pot on medium heat and add the oil. When the oil is hot, add the onions, stirring occasionally for ten minutes.

Stir in the garlic and ginger, cooking for another minute.

Drain the peas and add them to the onion mixture along with the turmeric and salt.

Turn heat to high and bring to a boil. Reduce heat to simmer for thirty minutes or until peas are soft and water is reduced to create a stew-like consistency.

Serve immediately or reheat. Garnish with bell pepper and cilantro.

Nutritional Information Per Serving:

Calories: 223
Fat: 5g
Carbs: 35g
Fibre: 13g
Protein: 13g