



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PEA PUREE

Time: 70 minutes

Serves: 8

Ingredients:

1l water
200g dried yellow split peas
80g onion - small dice
4g kosher salt
0.5g fresh ground black pepper
0.3g ground thyme
0.3g ground rosemary

Preparation:

Place all ingredients in a medium pot on high heat. Once a boil is reached, reduce heat to a gentle boil.

Cook uncovered, stirring occasionally until most of the water has evaporated (approximately 1 hour).

Remove from heat and purée with a stick blender.

Serve immediately or gently reheat later.

Nutritional Information Per Serving:

Calories: 89
Fat: 0.3g
Carbs: 16g
Fibre: 7g
Protein: 6g