ETHIOPIAN · LUNCH · DINNER

Kik Alicha (Ethiopian Yellow Split Pea Stew)

50 min · Serves 4 · 293 kcal a serve · Video 10:48 · Martie A Cooking Official

Vegan · Gluten-free ingredients · No nuts listed

Yellow split peas give each serve about 12 g of fibre and 11 g of plant protein, the fat is olive oil and there is only ¾ tsp of salt in the whole pot. Mild, vegan and naturally gluten-free.

Diet notes: Low saturated fat (2 g, 6% of the energy); DASH-friendly (440 mg sodium a serve).

Scan for the video, full nutrition and more free recipes

Ingredients 11 · SERVES 4

- [ ] 1 cup **yellow split peas**
- [ ] ½ tsp **salt**, for boiling the split peas
- [ ] 1 medium **yellow onion**, finely chopped
- [ ] 1 **tomato**, finely chopped
- [ ] 1 tbsp minced **garlic and ginger** (the garlic)
- [ ] 1 tbsp minced **garlic and ginger** (the ginger)
- [ ] 4 tbsp extra **virgin olive oil** (or your choice)
- [ ] 1 tsp **turmeric**
- [ ] 1 **jalapeño**, cut into strips
- [ ] ¼ tsp **salt** for the dish, as preferred
- [ ] **water**, as needed to loosen (about 1 cup)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the split peas, then boil them in fresh water with ½ tsp salt until just tender but still holding their shape. Drain. 1:30
2. Cook the finely chopped onion in a wide pan over medium heat, stirring, until soft. 5:57
3. Add the olive oil, the tomato and the garlic and ginger, and cook, stirring, until the tomato breaks down into a thick sauce. 7:00
4. Stir in the turmeric, then add the drained split peas and mix well so they are evenly coated. 7:37
5. Add a little water and the remaining salt and simmer gently until the peas are completely soft. Add the jalapeño strips, cover for a few minutes more and serve with the jalapeño on top. 8:37

> **Tip** Serves 4 (our estimate). Alicha means mild: there is no berbere, so it suits children and pairs well with spicier wots. Keeps 4 days in the fridge and freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
293 kcal 1,220 kJ	11 g 22% of a day	32 g 21 g net · 6.2 g sugars 12% of a day	12 g 42% of a day	14 g 2 g saturated 18% of a day	440 mg 19% of a day

Energy from net carbs 33% · protein 17% · fat 50%

High in (20%+ of a day) Folate 24%

Source of (10–19%) Vitamin E 15% · Vitamin K 15% · Vitamin C 14% · Potassium 13% · Magnesium 13% · Zinc 13% · Iron 12% · Vitamin B6 10%

Recipe and video: Martie A Cooking Official (@MartieA-Cooking) on YouTube — youtube.com/watch?v=mmJJi08gS_k, published 11 August 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ethiopian-kik-alicha-split-peas