GREEK · SNACK · SIDE

Greek Fava (Yellow Split Pea Dip)

80 min · Serves 4 · 171 kcal a serve · Video 8:03 · Dimitra's Dishes

Vegan · Gluten-free ingredients · No nuts listed

A vegan, gluten-free dip of yellow split peas: a good source of fibre (about 6 g a serve) with 5.5 g of plant protein, and its fat is mostly unsaturated, from olive oil.

Diet notes: Low saturated fat (1.5 g, 8% of the energy).

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Ingredients 13 · SERVES 4

- ☐ ½ cup **yellow split peas**, rinsed and soaked 30 minutes
- ☐ ½ small **onion**, sliced
- ☐ 1 **garlic** clove, peeled
- ☐ 2–3 tbsp **olive oil** (Dimitra uses light olive oil; about 2½ tbsp)
- ☐ 1 tsp **dried crushed oregano**
- ☐ ½ tsp **salt**, or to taste
- ☐ **freshly ground black pepper**
- ☐ 2–3 cups **hot water** (about 1 cup is left in the pot and puréed)
- ☐ **Lemon juice**: juice of ½ lemon, or to taste
- ☐ ½ tsp **capers**, to garnish
- ☐ 1 **spring onion**, finely sliced, to garnish
- ☐ a few **Kalamata olives**, to garnish
- ☐ **Olive oil**: a drizzle of Greek extra virgin olive oil, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

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 until the water runs clear, then soak them for at least 30 minutes and drain. 0:52
2. Cook the sliced onion and garlic in the olive oil in a small pot over high heat for about 5 minutes, until golden. 1:38
3. Add the split peas, salt, oregano and pepper and pour over about 2 cups hot water. Bring to a boil, then simmer on medium-low, stirring every few minutes, for 30–45 minutes until very soft. Add ½ cup water at a time if it dries out. 2:19
4. When done, about 1 cup of liquid should still be in the pot. Purée everything until smooth, then season and stir in the lemon juice. It thickens as it cools. 3:03
5. Serve warm or cold, topped with capers, Kalamata olives, spring onion and a drizzle of extra virgin olive oil. 4:34

> **Tip** Dimitra says it serves 3–4. Dip carrots, cucumber and capsicum or warm pita in it. Other toppings: sun-dried tomatoes, toasted pine nuts or parsley. Keeps several days in the fridge.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
171 kcal	5.5 g	15 g
720 kJ	11% of a day	9.7 g net · 2.4 g sugars
		6% of a day

FIBRE	FAT	SODIUM
5.7 g	10 g	330 mg
20% of a day	1.5 g saturated	14% of a day
	13% of a day	

Energy from net carbs 26% · protein 15% · fat 59%

Source of (10–19%) Vitamin K 15% · Folate 12% · Vitamin E 11%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=r1vWluE5u0o, published 25 June 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/greek-fava-yellow-split-pea-dip