NORTH AFRICAN · BREAKFAST · LUNCH · DINNER

Bissara (Moroccan Split Pea Soup)

55 min · Serves 6 · 399 kcal a serve · Video 3:52 · Kuzina With Simo

Vegan · Gluten-free ingredients · No nuts listed

Split peas give each bowl about 18 g of fibre and 18 g of plant protein, and the fat is olive oil. Vegan and made from cheap pantry staples.

Diet notes: Low saturated fat (2.4 g, 5% of the energy).

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Ingredients 10 · SERVES 6

- [ ] 1 lb **green split peas**, washed
- [ ] 4–8 **garlic** cloves, smashed (the cook uses 8)
- [ ] 6 tbsp **olive oil**
- [ ] 1½ tbsp **cumin**
- [ ] 2 tsp **salt** (⅔ tbsp)
- [ ] ½ tsp **black pepper**
- [ ] 6⅓ cups **water**, plus 1 cup hot water for blending
- [ ] a drizzle of **olive oil** (about 1 tbsp), to serve
- [ ] a pinch of **cumin** (about ½ tsp), to serve
- [ ] a pinch of **chilli powder** (about ½ tsp), to serve

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. Wash and drain the split peas. Smash the garlic cloves with the flat of a big knife; no need to chop them. 1:07
2. Heat the olive oil in a large pot over medium heat and brown the garlic lightly. 1:30
3. Add the cumin, salt and pepper, then the split peas and 6⅓ cups of water. Raise the heat to medium-high, cover and cook for 40–45 minutes, stirring now and then so nothing sticks, until the peas fall apart. 1:50
4. Add 1 cup of hot water and blend until smooth. Add more water for a thinner soup, or simmer a little longer to thicken it. 2:45
5. Serve with a drizzle of olive oil and a pinch each of cumin and chilli powder, with bread and black olives on the side. 3:02

> **Tip** Serves about 6 (our estimate). Dried fava beans, or half fava and half split peas, are just as traditional. It thickens as it stands; loosen with hot water when reheating.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
399 kcal	18 g	46 g	18 g	17 g	780 mg
1,670 kJ	36% of a day	29 g net · 6.1 g sugars	63% of a day	2.4 g saturated	34% of a day
		17% of a day		22% of a day	

Energy from net carbs 34% · protein 21% · fat 45%

High in (20%+ of a day) Folate 34% · Iron 23% · Magnesium 20% · Zinc 20%

Source of (10–19%) Potassium 17% · Vitamin K 17% · Vitamin E 16% · Omega-3 12% · Vitamin B6 10%

Recipe and video: Kuzina With Simo (@KuzinaWithSimo) on YouTube — youtube.com/watch?v=6LYT7U2KUZg, published 7 December 2021. 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/moroccan-bissara-split-pea-soup