

Mashed Split Pea and Spring Onion (mash, dip or spread)



Serves	4
Prep time	8 hours, 15 minutes
Cook time	1 hour
Total time	9 hours, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Savoury Snack , Side Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 1 cup green or yellow split peas
- 1 tablespoon sunflower oil
- 3 spring onions (finely chopped)
- 1 teaspoon chives (finely chopped)
- 1 clove garlic (finely chopped)
- 4 teaspoons butter or Nuttelex
- Sea salt
- Water

Directions

1. Put the split peas in a bowl and cover with cold water. Leave to soak overnight then rinse and drain.
2. Put the split peas in a medium sized saucepan. Add enough cold water to cover and bring to the boil. Using a spoon, skim off any foam that rises to the surface.
3. Reduce the heat and allow to simmer for 35-40 minutes or until the peas are tender. Add more water if required.
4. While the split peas are simmering, heat the oil in a large frying pan. Cook the spring onions, garlic, and chives for about 3 minutes, stirring occasionally, until softened. Add this mixture to the split peas while they are simmering
5. When the split peas are tender drain them and retain the cooking water. Transfer the drained split peas into a food processor. Add the Nuttelex or butter and season with salt. Add 6-8 tablespoons of the cooking water and blend the mixture into a coarse puree. Add more of the cooking water, to get a smoother consistency.
6. Serve this mash hot as a side dish (like mashed potatoes) or use cold as a spread on sandwiches, toast, etc., or use as a dip.
7. The left over cooking liquid can be used as vegetable stock. Store it in the fridge or freezer.



Note

Low Chemical