Fava Bowl

200g of fava with grilled cherry tomatoes and red onion on top.
Drizzled with Olive oil



Side Bowl

INGREDIENTS

- 1l Boiling Water
- 500g Yellow Split Peas (fava)
- 400g Carrots
- 300g Red Onion
- 15g OB Garlic
- 90ml Olive oil
- 3g Pepper
- 20g Salt
- 2 OB White Sugar Sachets (8g)
- 6 Bay Leaves
- 1.5L Vegetable Stock (30g Stock powder)
- 1 Rosemary Branch
- Zest of one lemon
- Juice of 2 Fresh Lemons (+/-150ml)
- 60ml olive oil

METHOD

1. Cover the split peas with boiling water and stir until water turns cloudy. Soak for 5 minutes and then drain the peas of all water
2. Chop the onion and carrots
3. Add carrots, onion, garlic, salt, pepper, sugar, bay leaves and olive oil to the pot and cook for approximately 3 minutes
4. Add the split peas and stir Immediately add the vegetable stock and rosemary branch and bring to boil
5. Cook on low heat until most of the liquid has evaporated and the lentils are soft
6. Add the lemon zest, lemon juice and olive oil
7. Remove the bay leaves and rosemary branch
8. Add to a blender or food processor and blend until a thick creamy consistency is achieved

EQUIPMENT

- Boiler Table
- Medium Pot
- Flat Top Grill
- Blender
- Spoon

NOTES

- 200g of fava with grilled cherry tomatoes and red onion on top.
- Drizzled with Olive oil