



EASY PEASY YELLOW SPLIT PEAS

INGREDIENTS

- 1 ¼ cup – Yellow split peas, washed x3 and drained
- 1/3 – red bell pepper (any colour available), finely diced
- ½ can- Coconut cream/ milk
- 1-2 Bay leaf
- 1inch- Fresh ginger
- 1 tbsp-Oil (of your choice)

SEASONINGS

- 1tsp turmeric
- 2tsp salt
- 1 tbsp cumin
- 1tbsp LAiRIE's tasty mango Peppa

METHOD

- 1)Prepare yellow split peas, and bell pepper set aside.
- 2)In medium cooking pot heat oil over a medium heat, once heated add finely diced bell pepper, cumin, turmeric, and ginger for 3-5minutes stir to avoid any sticking.
- 3)Add washed split peas and stir till fully coated with seasonings.
- 4)Pour coconut cream over split peas in the pot and stir in, add bay leaf, and add water so that split peas are fully submerged in liquid by 1 ½ inches or extra liquid.
- 5)Cook for 15 minutes with lid on.
- 6)Add LAiRIE's tasty mango peppa and simmer for a further 5 minutes or until split peas are cooked through and the liquid component has been absorbed and thickened.