

## Yellow Split Pea Dip

- 8 ounces yellow split peas
- 8 spring onions
- 2 garlic cloves, peeled/crushed
- 2 tbsp olive oil
- 2 sprigs of fresh thyme
- 1 bay leaf
- 4 cups of water or vegetable stock
- 1/2 tsp ground pepper

Combine all ingredients in a pan and bring to a simmer, then cover and cook on a low heat until the water is absorbed (this can take up to an hour. You want the peas to almost disintegrate)

Remove the bay leaf and leave to cool.

Serve this as a spread on wholemeal bread/toast or use as a dip.