CARIBBEAN · SIDE · LUNCH

Trini Dhal (Trinidad Yellow Split Pea Soup)

50 min · Serves 8 · 116 kcal a serve · Video 13:06 · Foodie Nation

Vegan · Gluten-free ingredients · Nut-free

A plant-based dal built on split peas, giving each serve about 6 g of protein and 6 g of fibre for around 115 kcal, with turmeric, cumin and garlic for flavour instead of meat or cream.

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Ingredients 15 · SERVES 8

- [ ] 1 cup **dried yellow split peas**, washed and soaked overnight
- [ ] 5 cups **water**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **turmeric powder**
- [ ] ½ tsp **ground geera** (cumin)
- [ ] 5 **garlic** cloves, minced, for the pot
- [ ] ¼ cup minced **onions**
- [ ] 2 pimento (seasoning) peppers, minced
- [ ] a little **tamarind chutney** (optional, about 1 tbsp)
- [ ] 2 tbsp **vegetable oil**, for the chunkay
- [ ] ¼ tsp whole cumin (geera) seeds
- [ ] 3 carapoulay (curry) leaves
- [ ] 2 **garlic** cloves, minced, for the chunkay
- [ ] more **salt**, to taste (about ⅓ tsp)
- [ ] **black pepper**, to taste

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the split peas well and soak them overnight in just enough water to cover. Drain. 1:21
2. Bring 5 cups of water to a boil with the split peas, salt, turmeric, ground geera, 5 cloves of garlic, the onion and pimento peppers. Lower to a simmer and cook for 30–35 minutes, stirring every 10 minutes, until the peas break down. 1:51
3. Swizzle or blend the dhal until smooth (or leave a little texture), stir in a little tamarind chutney if you like, and simmer 5–10 minutes more to your preferred thickness. 4:26
4. For the chunkay, heat the oil in a small pan, add the cumin seeds and curry leaves for about a minute, then the remaining garlic for 20–30 seconds until golden. 7:04
5. Carefully pour the sizzling oil into the dhal, stir, season with salt and pepper and serve. 9:44

> **Tip** Serves 8 as a side, or 4 as a bowl of soup. Time excludes the overnight soak. Serve with rice or roti; it thickens as it stands, so 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 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
116 kcal	**5.6** g	**16** g	**5.6** g	**3.7** g	**390** mg
490 kJ	11% of a day	11 g net · 2.9 g sugars	20% of a day	0.3 g saturated	17% of a day
		6% of a day		5% of a day	

Energy from net carbs 45% · protein 22% · fat 33%

High in (20%+ of a day) Omega-3 21%

Source of (10–19%) Folate 11%

Recipe and video: Foodie Nation (@FoodieNation) on YouTube — youtube.com/watch?v=aMuPdDaZf_w, published 8 May 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/trini-split-pea-dhal