

BODIcafé
Protein Recipes



BODIcafé Splitten' Good

Serves - 6

Prep + cooking time - 1hr 10min

Soya and green split peas stew

Ingredients

- 350g BODIcafé Splitten' Good
- 100ml of sunflower cooking oil
- 45g crushed garlic
- 2 onions
- 10ml chicken stock
- 15g thyme fresh or dried

Method

1. Rehydrate the BODIcafé Splitten' Good according to the instructions on pack and set aside
2. Heat oil in a pot over medium
3. Add onions and fry until golden brown
4. Add garlic and cook for 5min
5. Add rehydrated BODIcafé Splitten' Good, chicken stock and thyme and 2 cups of water close pot with lid and simmer until split peas are tender