Creamy Split Peas with Wilted Spinach

2 main-meal bowls of creamy split peas and spinach, each with 50 g bread · Active 25 min · Total 1 hr 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 3/4 cup dry green split peas (150 g), sorted and rinsed
- 1 small onion, finely diced (80 g)
- 1 medium carrot, peeled and finely diced (100 g prepared)
- 1 small garlic clove, minced (3 g)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 1 small rosemary sprig, needles finely chopped (1 g edible)
- 3 3/4 cups drinking water (900 ml), plus up to 300 ml extra as needed
- About 5 cups fresh spinach, washed and roughly chopped (150 g)
- 2 tablespoons plain roasted-sesame tahini, well stirred (30 g)
- 2 tablespoons lemon juice (30 ml/about 30 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/8 teaspoon black pepper (0.3 g)
- 4 thin slices whole-wheat bread (100 g total)

Set out

3-litre/3-quart heavy saucepan with lid, Fine sieve, Long-handled wooden spoon, Small heatproof bowl, Knife and board, Kitchen scale, Kettle for extra water, 2 bowls

Allergens

Sesame, Wheat; bread may contain soy, milk or other allergens—check its label. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium-low heat. Soften onion and carrot for 6–7 minutes, stirring. Add garlic and chopped rosemary and stir for 30 seconds.

2. Add rinsed split peas and 900 ml water. Bring to a boil, then reduce to a gentle simmer with the lid partly on. Cook for 55–75 minutes, or longer if needed, stirring increasingly often as the peas thicken. Add the extra hot drinking water a little at a time if the base gets dry before the peas soften.

3. When peas are completely tender with no chalky centers, stir in spinach and cook for 3–4 minutes until wilted and hot through. Add salt and pepper.

4. Stir tahini and lemon in the small bowl with 2–3 spoonfuls of hot pea mixture until smooth, then fold back into the saucepan. Warm gently for 1–2 minutes and adjust with any remaining extra water to a thick spoonable consistency. Divide into 2 bowls and serve each with 50 g measured bread.

A useful kitchen skill

Stir the whole bottom of a thickening pulse dish and use water to keep it cooking until tender, rather than mistaking thickness for complete cooking.

A useful detail

The 115-minute total allows a long split-pea simmer and regular stirring; particularly old peas may take longer. There is no cream in the base: split peas and stirred sesame paste provide its texture.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Reheat the needed portion to 165°F/74°C throughout, stirring along the base and loosening with drinking water; split peas thicken markedly when cold. Keep bread separately.