
Fertility Boosting Lemony Coconut Black-Eyed Peas

Cook Time: 15 min

prep Time: 10 min

total Time: 35 min

servings: 4

Ingredients:

1 tablespoon coconut oil
1 yellow onion, diced
4 garlic cloves, minced
1 tablespoon fresh ginger, minced
1 tablespoon curry powder
1 cup broccoli florets
1 sweet red pepper, sliced into 1-inch cubes
1 teaspoon lemon zest
2 cups cooked black-eyed peas (see above)
1/2 teaspoon chili flakes
150g fresh spinach, chopped (if baby don't chop)
1 400g can of full-fat coconut milk
3-4 tablespoons lemon juice, freshly squeezed
Salt & black pepper, to taste
1 small handful cilantro, to garnish

Activated Quinoa

1 cup (180g) quinoa, soaked overnight
1 1/2 cups (360ml) water

Brazil Nut Pesto (Makes 1 1/2 cups)

60g raw Brazil nuts (about 15), soaked overnight
100g basil leaves (about 3 handfuls)
2 garlic cloves
3-4 tablespoons lemon juice, freshly squeezed
180ml extra-virgin olive oil
1/8 teaspoon salt
1 tablespoon nutritional yeast (optional)

Instructions:

To make the stew:

1. If you are using dry black-eyed peas (or chickpeas) make sure to soak and cook them in advance as explained above. Start by making the quinoa and pesto as the stew will be ready very quickly.
2. To Make the Quinoa: Drain and rinse the soaked quinoa. Bring the water to a boil in a medium saucepan. Once the liquid is boiling add the quinoa and let simmer for about 12 minutes until all the water is absorbed. Leave covered for 10 minutes, then remove the lid and fluff with a fork. Add a few tablespoons of pesto to taste while it's still warm.
3. To make the pesto: Drain the nuts then place with all the ingredients together in a food processor and process until smooth. Check the consistency and taste adding more or less olive oil or lemon juice to suit your taste. Use in the recipe above, and is especially delicious drizzled over roasted veggies. Store in a jar in the fridge for up to 1 week.
4. To make the Lemony Coconut Black-Eyed Peas: In a medium saucepan or dutch oven, heat the coconut oil then add the onions with a generous pinch of salt, and sauté until translucent, about 5 minutes. A little browning is okay.
5. Add the garlic, ginger and stir for about a minute, then add the curry powder or spice mix of choice, stirring to combine, followed by the broccoli, red pepper and lemon zest. Stir-fry for a couple of minutes.
6. Add the black-eyed peas and chili flakes and stir-fry for 2 minutes. Then add half the spinach and fold in until wilted before adding the rest of the spinach, folding in until wilted.

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7. Add the coconut milk and 3 tablespoons lemon juice, with salt and pepper to taste. Stir to warm through. Taste adding more seasoning and lemon juice if desired.
 8. Stir some of the Brazil nut pesto in the warm quinoa and divide into individual bowls, top with a big ladle full of the coconut beans, and garnish with some chopped coriander. Or serve family-style with boiled eggs, and sliced avocado on the side for added protein and healthy fats.
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Notes:

To make the black-eyed peas using dried-beans: soak 1 cup beans for about 4-6 hours, drain and rinse, and then simmer in 3 cups water for approximately 45-50minutes.