

A top-down view of a rustic, light-colored ceramic bowl filled with a salad. The salad consists of white beans with black spots (black eye peas), sliced courgettes (zucchini) that appear to be roasted, and a dressing. The bowl is placed on a white lace doily. The background is a light, textured surface.

Black Eye Pea & Roast Courgette Salad with a Lemon and Parsley dressing

INGREDIENTS

- 200g dried black eye peas
 - 4 large courgettes
 - 1 tbsp olive oil
 - 1 tsp salt
- Dressing: 2 tbsp olive oil, 1 tbsp lemon juice, 1tsp salt, 1 tbsp finely chopped parsley

METHOD

- Soak the black eye peas overnight in a large pan of water
- Rinse and put them in fresh water and bring to the boil. Drain, replace with fresh water and bring to the boil
- Lower the heat and simmer for about 45 minutes or until they are soft to the bite but still holding their shape. Drain and set aside
- While that's happening, preheat the oven, slice the courgettes and coat them in the olive oil and some salt
- Roast in a preheated oven for about 40 minutes till golden brown, turning once
- When the courgettes are ready, gently mixed them through the black eye peas and drizzle the dressing over the top
 - Thats it! Equally good warm or cold