



Quick Protein Bowl

A protein-packed Middle Eastern bean bowl with a creamy feta dip, salted lemons, and fava beans—a quick, flavorful after-work meal ready in just 15 minutes.

Zutaten

2 Portionen

100 g Feta cheese
10 g Salted Lemon
200 g Yogurt, Greek
1 EL Byodo Extra Virgin Olive Oil, from Greece
1 Onion
1 EL Byodo Roast Olive Mediterranean
1 Glass Byodo Perfetto Classic Tomato Sauce
300 g canned fava beans
2 EL Dukkah
2 Stem Coriander
Slices Baguette

Zubereitung

To make the creamy feta dip, place the feta, salted lemon, 100 g Greek yogurt, and olive oil in a blender and blend until smooth. Then stir in the remaining yogurt and season the dip to taste. Since salted lemons are already quite flavorful, additional salt is usually not necessary.

Meanwhile, peel and finely dice the onion. Heat the cooking oil in a skillet and sauté the onion until

translucent. Drain the fava beans, rinse them, and add them to the skillet along with the tomato sauce. Heat everything for a few minutes until the beans are completely warm.

To serve, divide the beans between two bowls and top with the creamy salted lemon-feta dip. Then sprinkle the bowls with dukkah and garnish with freshly chopped cilantro. Best served with a few slices of baguette.

If you don't have any salted lemons on hand, you can use the zest of $\frac{1}{2}$ an organic lemon, 1 tsp lemon juice, and a pinch of sea salt instead. This comes closest to the flavor of salted lemons without changing the dip too much.