

Seasoned Lupini Snack



Lupinis are part of the legume family. They are firmer and are perfect for replacing olives at the aperitif! Rich in protein and fibre, you will be pleasantly surprised by the taste and texture. For a less salty version, let the lupins soak for 30 minutes before rinsing.

Preparation 5 min
Cooking 0 min
Servings 4
Nutrition Facts (per serving)
Calories 115
Fat 8
Carbohydrates 5
Fibre 2
Protein 3
Sodium 425

Ingredients

- 500 ml (2 cups) lupini in brine, rinsed and drained
- 30 ml (2 tbsp) oil
- 30 ml (2 tbsp) balsamic vinegar
- 30 ml (2 tbsp) chopped fresh herbs (we used dill and parsley)
- 15 ml (1 tbsp) lime juice

- 1 clove garlic, minced (5 ml / 1 tsp)
- 2.5 ml (½ tsp) crushed chili flakes

Note: For a low FODMAP version, omit the garlic and replace the oil with a garlic flavoured oil.

Preparation

1. In a bowl, mix all ingredients.
2. Refrigerate for at least 1 hour so that the flavors are well absorbed.

Notes

Can be kept for 5 days in the refrigerator and does not freeze.



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