

Caribbean 3-Bean Salad



4 servings



30 minutes

Instructions

1. In a small bowl, whisk the balsamic vinegar, extra virgin olive oil, Dijon mustard, garlic granules, salt and black pepper together and set aside.
2. In a large bowl, add the edamame beans, chickpeas, red kidney beans, baby onions, cucumber, avocado, fresh thyme and coriander.
3. Use a large spoon to toss and combine the legumes with the fresh herbs.
4. Drizzle the dressing all over the salad and toss one more time.
5. Leave the salad to rest in the fridge for 10 to 15 minutes so the dressing can marinate the legumes.
6. Place in a beautiful platter or bowl and serve.



Ingredients

For the salad

- 1 cup chickpeas, rinsed and drained
- 1 cup red kidney beans, rinsed and drained
- 1 cup edamame beans
- 2 baby onions, finely sliced
- ½ English cucumber, small cubes
- 2 medium avocados
- 30 g shredded baby spinach
- 2 tablespoons lemon juice
- 2 teaspoons fresh thyme
- 1/3 cup coriander, chopped

For the dressing

- ¼ balsamic vinegar
- ¼ cup extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon of honey
- ½ teaspoon garlic granules or flakes
- Pinch of black pepper
- Pinch of salt

Chickpea and Lentil Curry

Served with turmeric wholewheat brown rice topped with toasted almonds

Ingredients

- 1 can of chickpeas, rinsed and drained
- 1 cup of red lentils, dried
- 1 tablespoon of olive oil
- 1 onion
- 1 cardamom pod
- 1 star anise seed
- 1 cinnamon stick
- 1 green chili
- ¼ cup of water
- 1 teaspoon of chili powder
- ½ teaspoon of turmeric
- ½ teaspoon of coriander powder
- ¼ teaspoon of curry leaves
- ¼ teaspoon of salt
- ½ teaspoon of garlic
- ½ teaspoon of ginger
- 1 fresh tomato
- 10 g toasted almonds
- 10 g coriander
- 10 g mint



4 servings



Prep: 15 minutes
Cooking: 30 minutes

Instructions

1. Bring a pot of water to boil and cook lentils until a soft consistency. Drain, rinse and leave aside.
2. Finely chop onions, fresh tomato, fresh garlic and ginger.
3. Bring a pot to a medium heat, add olive oil, add in all seeds and curry leaves and allow to cook for 2 minutes until slightly brown.
4. Add finely chopped onion, garlic and ginger, cook for a 5 more minutes until the onions turn translucent and brown in colour.
5. Add remaining spices and allow to cook for another 4 minutes.
6. Add chopped tomato and ¼ cup of water and close the pot to allow tomatoes to cook with spices for a further 5 minutes.
7. Add chickpeas and lentils, mix well and allow to cook for 7 more minutes.
8. Switch the pan off and remove from heat.
9. Dish the turmeric rice in a bowl or plate and top with a generous amount of curry.
10. Garnish with crispy onions, fresh coriander and mint.



Mexican Bean Burger

Served with avocado and tomato relish

 8 -10 servings  Prep: 20 minutes
Cooking: 35 minutes

Instructions

1. Preheat oven to 170°C.
2. Mix the chicken mince and butter beans in a bowl.
3. In a heavy-based sauté pan, heat the olive oil and sauté the onions for 2 minutes before adding the garlic.
4. Sauté for another minute before adding the peppers. Cook until soft.
5. Place the pepper-and-onion mix in the bowl with the chicken mince and butter beans and mix well together.
6. Add the one egg and wholewheat bread crumbs and check seasoning.
7. Make the burger patties, being sure not to overwork the mixture.
8. In a heated pan sear the burgers until brown on both sides. Remove from the pan and finish cooking in the oven.
9. Serve on a sesame seed bun with garnish and homemade relish. (Scroll down for the recipe.)



Ingredients: Burger patty

- 500 g chicken mince
- 1 can butter beans, rinsed and drained
- 1 red pepper, finely chopped
- 1 onion, finely chopped
- 3 cloves of garlic, minced
- ½ teaspoon organum
- ½ teaspoon garlic powder
- ¼ teaspoon sweet paprika
- 3 tablespoons wholewheat breadcrumbs
- 1 egg
- 1 tablespoon chopped coriander
- 2 tablespoons homemade tomato and onion relish
- Salt and pepper to taste
- 10 small wholewheat sesame seed buns
- 2 avocados

Tomato and onion relish

Ingredients

- 1.5 kg tomatoes, ripe
- 1 red pepper
- 500 g onions
- 45 ml cup salt
- 60 g white sugar
- 1 tablespoon mild curry powder
- 1 tablespoon mustard seeds
- 1 teaspoon coriander seeds
- ¼ teaspoon black pepper
- 250 ml white vinegar
- 1 teaspoon corn flour



12 servings



Prep: 25 minutes
Cooking: 40 minutes

Instructions

1. Peel and slice tomatoes and onions.
2. Sprinkle salt over the tomatoes and onions and leave overnight.
3. The next morning, pour off the liquid.
4. Place chopped tomatoes, red pepper and onions in a large pot and cover with vinegar.
5. Add the sugar and bring the mixture to the boil. Boil rapidly for five minutes.
6. Combine all the spices and stir into the relish mixture.
7. Simmer the relish mixture, removing scum progressively and stirring frequently.
8. To thicken the relish, add the corn flour to a little water and mix to a smooth paste.
9. Add a little of the hot liquid from the relish mixture until the paste is the consistency of thin cream.
10. Add the paste to the relish mixture and stir continuously for around 5 minutes until it thickens.
11. Bottle in hot, sterilised jars and seal when cold.

