## 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

½ balsamic vinegar
½ 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

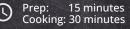
# **Chickpea and Lentil Curry**

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 onior
- 1 cardamon pod
- 1 star anise seed
- 1 cinnamon stick
- 1 green chili
- ¼ cup of water
- 1 teaspoon of chili powder
- 1/2 teaspoon of turmeric
- 1/2 teaspoon of coriander powder
- <sup>1</sup>⁄<sub>4</sub> teaspoon of curry leaves
- ¼ teaspoon of salt
- 1/2 teaspoon of garlic
- ½ teaspoon of ginger
- 1 fresh tomato
- 10 g toasted almond
- 10 g coriander
- 10 g mint
- 0 g mint





## 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.
- Add chickpeas and lentils, mix well and allow to cook for 7 more minutes.
- 8. Switch the pan off and remove from heat.
- 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 O 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 1/2 teaspoon organum 1/2 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



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.
- 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.