



## Baked Mung Beans with Roast Vegetables

Mung Beans are an ancient superfood from Asia. They offer a high source of protein, phytonutrients, fibre and antioxidants. They are nutty, sweet and green. They don't need soaking like many other beans which makes them ideal for gassy-stomach sufferers.

In this vegan recipe I boil the mung beans then roast them along with a selection of vegetables. It is a delicious and nutrient-packed dish, full of flavours and easily helps you achieve your 5-a-day. If you prepare a large batch, it keeps well in the fridge and is also delicious served cold.

### Ingredients:

300g mung beans, pre-boiled for one hour	2 handfuls of sundried tomatoes, halved
2 tbsp coconut oil	2 red, yellow or orange bell peppers
2 medium red onions, sliced lengthways	4 handfuls of chantenay carrots
4 cloves of garlic, chopped chunky	2 avocados, chopped
2" piece of ginger, freshly grated	4 handfuls fresh rocket
2 tbsp smoked paprika	2-3 tbsp soy sauce
200g steamed beetroot, sliced	4 tbsp nutritional yeast
250g mushrooms, quartered	Salt and pepper to taste
400g cherry tomatoes, halved	

### Method:

Pre-boil the mung beans and drain off excess fluid if necessary.

Preheat the oven to 180°C/350°F/ Gas 4.

Melt the coconut oil in a large baking tray and add the onions, garlic and carrots. Bake for approximately 15 minutes.

Next add the peppers, mushrooms, ginger, tomatoes and sundried tomatoes. Sprinkle over the smoked paprika. Combine well and bake for a further 40 minutes.

Remove the pan from the oven and add the drained mung beans. Sprinkle the soy sauce over the top and mix all the ingredients together well. Return to the oven for a further 20 minutes.

Before serving, add the rocket leaves, sliced beetroot and nutritional yeast. Serve heaped onto 4 plates and scatter with the avocado.

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