

BLACKEYE BEANS WITH GINGER AND SOY (VE)

A great vegan recipe from The 28-Day Immunity Plan

Serves 2

Per serving: 373 calories, 3.8g fat

Prep time: 20 mins

Cook time: 45 mins

INGREDIENTS

50g blackeye beans
100g [dry weight] basmati rice
2 vegetable stock cube
50g onion, diced
175g mushrooms, sliced
100g celery, cut into thin strips
75g carrots, cut into thin strips
50g water chestnuts, thinly sliced
½ tsp chilli powder
½ tsp grated fresh ginger or ground ginger
1 garlic clove, crushed
¼ pint (150ml) vegetable stock
1 tablespoon soy sauce
15g cornflour
freshly ground black pepper

METHOD

1. Place the blackeye beans in plenty of water in a saucepan with a vegetable stock cube. Cover and bring to the boil and simmer for 30 - 35 minutes. Drain well.
2. Cook the rice according to the packet instructions, adding the vegetable stock cube to the cooking water. When cooked, drain well and keep hot.
3. In a separate pan, gently heat the vegetables, chestnuts, chilli, ginger and garlic in a little of the vegetable stock.
4. Mix the soy sauce and cornflour with a little vegetable stock, add the remainder of the stock and stir into the vegetables, stirring continuously. Add the drained beans and simmer for a further 8 - 10 minutes. Season to taste and serve with the rice.

