

Aduki Beans and Pasta

Straightforward filling food.

This is an **English**¹ dish, making 4 normal portions.

Ingredients

200 gm	dry aduki beans
1	large white onion
3	fat cloves garlic
30 ml	Zaytoun FAIRTRADE olive oil
1 kg	ripe tomatoes
200 gm	FAIRTRADE pasta
some	chopped herbs
100 g	grated cheese
to taste	FAIRTRADE freshly ground black pepper

Add the cooked aduki beans and simmer for another 10 minutes (whilst the pasta cooks) and season with salt and pepper to taste.

Cook the pasta³ in the usual way (12 minutes in boiling water).

Assembly

Put about 10 ml of olive oil in a warm bowl and add the crushed garlic, mix a little.

Add the cooked and drained pasta, and then stir in the grated cheese and herbs.

To serve

Serve whilst still hot, with the pasta and the aduki tomatoey sauce in separate bowls.

Method

Preparation

Soak the aduki beans² overnight in cold water, and then cook until tender.

Skin the onions and chop fine.

Skin the cloves of garlic, chop 2 of them, and crush the third.

Chop the tomatoes into eighths.

Cooking

Sauce

Fry the chopped onion and garlic in the oil until soft and then add the tomatoes. Simmer for 15 minutes.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/aduki_beans.htm

³http://www.fairtradecookbook.org.uk/recipes/pasta_basics.htm