

# Amaranth Beany Bake

A filling main course (easy) dish, serves 6 portions.

Country of origin: **Peru**<sup>1</sup>.

(The decoration is optional).

## Ingredients

150 gm dry weight	chick peas
150 gm dry weight	cannellini beans
150 gm dry weight	<b>FAIRTRADE</b> red kidney beans
1	red onion
200 g	amaranth seeds
400 ml	<b>FAIRTRADE</b> apple juice
50 ml	<b>FAIRTRADE</b> white wine
a little	Zaytoun <b>FAIRTRADE</b> olive oil
15 ml	curry powder

amaranth is cooked, combine the seeds and curried onions with the cooked pulses and turn them out into a baking dish.

Bake in a medium oven (Gas Mark 4) for 20 minutes to ensure everything is heated through.

## To serve

Serve hot.

As a main course dinner we served Amaranth beany bake, potato gratin<sup>3</sup>, green vegetable (broccoli) and tomato sauce<sup>4</sup>.

## Time saver

Use tinned beans instead of cooked beans, it is quicker.

## Method

### Preparation

Cook the chick peas, cannellini beans and red kidney beans in the usual way having soaked them all (separately) the night before.

Once cooked, drain and keep warm.

Peel and chop fine the onion.

### Cooking

**Cook the amaranth**<sup>2</sup> using the apple juice and wine in the usual way.

Meanwhile stir fry the chopped onion (in a little olive oil) and add the curry powder. Once the

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

<sup>2</sup><http://www.fairtradecookbook.org.uk/recipes/amaranth.htm>

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/potato\\_gratin.htm](http://www.fairtradecookbook.org.uk/recipes/potato_gratin.htm)

<sup>4</sup>[http://www.fairtradecookbook.org.uk/recipes/tomato\\_sauce.htm](http://www.fairtradecookbook.org.uk/recipes/tomato_sauce.htm)