

Gingered Aduki Beans

A simple **Japanese**¹ beans dish.

Use flexibly as a component of a multi-dish meal, as a starter, or as a light meal.

Quantities below give 6 to 8 portions.

Ingredients

200 g **Fair Trade** Aduki Beans
50 ml pickled ginger
3 spring onions
15 ml tamari sauce
250 g **FAIRTRADE** brown basmati rice

Variation

FAIRTRADE Quinoa can be substituted for the rice.

Method

Preparation

Soak the beans overnight in plenty of cold water.

Top and tail and chop the spring onions.

Cooking

Cook the beans² in simmering water for about 1 hour until soft.

Cook the rice in a separate pan at the same time (takes 25 minutes roughly).

Once the beans are cooked, reduce the liquid if necessary until just covered.

Add the onions, tamari, and pickle.

Mix through and re-heat.

To serve:

Serve hot over brown rice as a starter.

Serve warm over green veg as a light lunch.

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

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