

Mung bean pate

Mung beans and tomatoes make a nutritious colourful spread.

Inspired by *Matthew Kadey*.

This simple recipe makes 4 pots of spread.

Ingredients

200 g mung beans
75 g sun-dried tomatoes
20 ml water
25 ml Zaytoun **FAIRTRADE** olive oil
1 small, sharp onion
2 cloves garlic
1 **FAIRTRADE** lemon
100 g **Fairtrade** walnuts
pinch chilli powder
to taste salt and pepper

Method:

Preparation

Soak the mung beans overnight.

If the tomatoes are very dry soak overnight in the olive oil.

Cooking

Drain the mung beans and put them in a saucepan. Add fresh water to about 1 cm above the beans, bring to the boil, and then cover and reduce to a simmer. Simmer for 20 to 30 minutes until very tender and then drain off the cooking liquid.

Meanwhile skin the onion and chop.

Skin the garlic.

Juice the lemon discarding skin, pith and pips.

Assembly

Put the drained beans in a food processor with the tomatoes, oil, walnuts, chopped onion, lemon juice and chilli powder.

Crush in the garlic.

Blitz and blend to a smooth paste adding a few ml water if needed to make the paste smooth.

Check the texture and add more water and/or oil for a smoother feel, you may need to add an extra 150 ml to get nearer a dip than a terrine.

Check the flavour and adjust with salt, pepper, or crushed garlic as needed.

To serve

Serve at room temperature with pitta breads as part of a meze, as a sandwich filling or on a wrap with some crispy salad.

Notes

The spread keeps for up to three days in the fridge or can be frozen for future use. Our test freeze was thawed to room temperature after two weeks. The flavour was fine but the pate was quite dry and crumbly.

The sun-dried tomatoes dominate both flavour and colour.