

Roasted Carrot, Spiced Quinoa and Mung Bean Salad (Vegan)

Serves 2

Prep time: 30 minutes

Cooking time: 90 minutes

Ingredients

5-8 baby carrots with stalks

1 tbsp vegetable oil for roasting carrots

80g mung beans

400g water

80g quinoa

40g coriander

8 cherry tomatoes

3 spring onions

Suölo Reduced Sodium Sea Salt & Black Pepper to taste

For the Dressing

Juice and zest of 1 lime

1 tsp turmeric

1 tsp paprika

1 tsp ground coriander

1 tsp ground cumin

3 tsp miso

2 tbsp sesame oil

½ tsp Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli

Method

1. Soak the mung beans in water overnight in the fridge
2. Boil the mung beans in the water until soft but not mushy
3. Boil the quinoa until soft but not mushy
4. Pee the carrots and remove the stalks about 1cm from the top of the carrot keeping 1/3 of the stalks for garnish later
5. Season the carrots with Suölo Reduced Sodium Sea Salt & Black Pepper and place in a roasting tin
6. Roast carrots at 180°C/160°C Fan/Gas 4 until you can push a knife through with ease - approximately 15-20 minutes
7. For the dressing put the sesame oil in a frying pan and fry the coriander and cumin powder
8. Mix miso, sesame oil, Suölo Reduced Sodium Sea Salt, Black Pepper & Chilli, turmeric, paprika and juice and zest of 1 lime.
9. Roughly chop coriander and spring onions
10. Halve the cherry tomatoes
11. Pick out the delicate leaves from the saved carrot stalks
12. Mix everything in a bowl and serve

Chef tip

- You can cook mung Beans from hard but it will take a much longer time to soften so be aware of topping up the water and a general rule of thumb would be to use a slightly lower heat