

MUNG BEAN AND ROASTED VEGETABLES SALAD



Ingredients;

1 cup of soaked overnight Mung bean
½ of aubergine
1 small or ½ medium courgette
1 red pepper
Bunch of watercress or any other salad leaves
¼ of onion and/or 1 clove garlic
Salt
½ tsp. mixed dry herbs (optionally)
Black pepper or chilli flakes
2tbsp olive oil

For start turn the oven on at 180-200C. Dice all the vegetables apart from salad leaves. Place vegetables in an oven-proof dish, season, add herbs and 1 tbsp. olive oil. You can also add onion and garlic at this stage to the vegetables; I prefer them fresh so I add them to the salad at the end. Cover the dish and place it in the oven for 30-40mins until soft. Stir the vegetables in the middle of roasting.

Place drained beans in a sauce pan and cover with fresh water. Bring it to boil, reduce the heat and cook for 20-25 mins or according to package instructions.

Once everything's cooked and cooled down mix it in the bowl adding remaining ingredients; salad leaves, olive oil and seasoning (pepper, chilli flakes and garlic and onion if they were not added earlier).

Tip.

You can double or triple the amount of vegetables to roast; store them baked in the fridge and use them as a base in other salads e.g. tuna salad, or as a side dish with meat or fish.