



Red rice, roast vegetable and aduki bean salad

A colourful salad of whole foods that nourish and restore your friendly gut bacteria.

⌚ Prep time 30 mins Cooking time 60 mins 🍴 Serves 6 or 8 as a side dish
Gluten-free and wheat-free (if tamari is used and not soy sauce), vegan.

Ingredients

- 1 cup dry aduki beans or 1-2 cans aduki beans, drained and rinsed in water
- 2-3 beetroots peeled and cut into wedges
- 2 sweet potatoes peeled, cut in halves and sliced or cut into wedges
- 2-3 cloves garlic, peeled and flattened with flat part of knife
- 1 bunch baby carrots peeled, or 6-10 small orange or purple carrots cut in halves
- Olive oil
- 2 cups (400g) raw/dry red rice or substitute with brown rice
- 1 bunch asparagus
- 1 bunch continental (flat leaf) parsley leaves, finely chopped
- 1 purple onion, diced finely
- ½ cup pepitas (pumpkin seeds)
- ½ cup pecans or hazelnuts, chopped

Dressing

- 50ml extra virgin olive oil
- 50ml tamari (gluten free) or soy sauce
- 50 ml mirin
- ½ teaspoon sesame oil

Method

If using dry aduki beans, soak 1 cup of beans in water for 6 hours or overnight. Drain and rinse with fresh water. Place in a saucepan, with lid on, with about 4 cups of water. Bring to boil, reduce heat and simmer for 50-55 minutes (beans are ready when they can easily be mashed).

Preheat oven to 200°C/220°C fan-forced. Roast beetroot and sweet potato tossed with olive oil and garlic for 45-60 minutes (depending on oven) until beetroot is cooked and sweet potato slightly golden. Toss carrots with olive oil and bake for about 30 minutes, until browned and tender. (Vegetables can even be cooked ahead of time.)

Cook the red rice according to the packet (2 cups of rice in 3 cups of water).

Bring to boil in a saucepan, with lid on, and simmer 15-20 minutes (when water is absorbed). Allow to stand 5-10 minutes.

To prepare asparagus, hold each spear by the middle and bend the base with the other hand until the woody part snaps off. Steam for 5 minutes, until tender but still vibrant green.

In a large bowl, place warm rice and add the parsley, purple onion, pepitas and pecans and toss well. Add cooked or canned beans and gently toss through. Place in a large flat salad bowl. Arrange baked vegetables and asparagus on top.

For the dressing, place all of the ingredients in a jar and shake well. Dress just prior to serving and gently toss to combine.

This makes a large salad and is a complete meal. It will serve 6 people as a meal, or 8 as a side dish combined with additional protein such as chicken, boiled eggs, fish or tofu.



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