

Sprouting Legumes

Ingredients

160gms of legumes either Chickpeas, Mung beans or Red lentils

Method

1. In a saucepan sauté the onions and garlic in the olive oil, add salt and pepper.
2. Add the tomatoes and oregano and 2 cups water. Place the lid on the pan and cook for 10 minutes or until the tomatoes are broken down.
3. Add the mushrooms, cooked lentils, silverbeet and moringa leaves and cook for 10 minutes. Then add the sundried tomatoes and cook for a further 5 minutes or until all the veggies are cooked. You may need to add more water and salt and pepper.
4. Meanwhile cook the pasta to packet instructions, if using lasagne sheets you can break them in half.
5. To make the ricotta, place the nuts in a food processor and process until fine, add the rest of the ingredients and process. Shape into balls.
6. To assemble the lasagne bowl, place a ½ ladle of tomato sauce in each bowl then some pasta and a ricotta ball, then more tomato sauce, more pasta then more tomato sauce and 2 more ricotta balls and basil to garnish.

Note: for mung beans some of the beans don't always sprout and they are hard so need to be removed. To do this I pour the sprouts into a metal bowl and add filtered water and then skim off the sprouted ones that rise to the top. If they aren't rising to the top I stir them around until more float to the top.

Here is a recipe for sprouted mung bean curry

<https://www.veets.com.au/blog/sprouted-mung-bean-curry>



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