



**MONDAY**  
**LUNCH**

**TETROGEN**



# Prep Time: 10 Mins

## INGREDIENTS

3 cloves of garlic  
1 fresh red chilli  
1 yellow pepper  
A bunch of scallions  
1 x 400g tin of kidney beans  
1 x 400g tin of butter beans  
1 x 400g tin of black beans/chickpeas  
2 tablespoons oil  
2 x 400g tins of chopped tomatoes  
6 tablespoons tomato purée (100g)  
1 tablespoon maple syrup  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
2 tablespoons tamari/soy sauce  
1/2 teaspoon smoked paprika  
Juice of 1 lime  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### To serve

Fresh coriander or chives avocado (optional)  
Natural plain soya yoghurt chilli flakes

## DIRECTIONS

1. Peel and finely chop the garlic. Finely slice the chilli, removing the seeds if you don't like it spicy. Deseed the yellow pepper and finely chop. Finely slice the scallions, and drain and rinse the beans/chickpeas.
2. Put the oil into a large saucepan over a high heat. Once the pan is hot, add the garlic, chilli, yellow pepper and scallions, and cook for 2<sup>1/2</sup> minutes, stirring regularly.

3. Now add all the remaining ingredients and bring to the boil, stirring regularly. Remove from the heat and serve with chopped fresh coriander or chives, some sliced avocado (if you have it) and/or natural plain soya yoghurt, topping it all with some chilli flakes.