

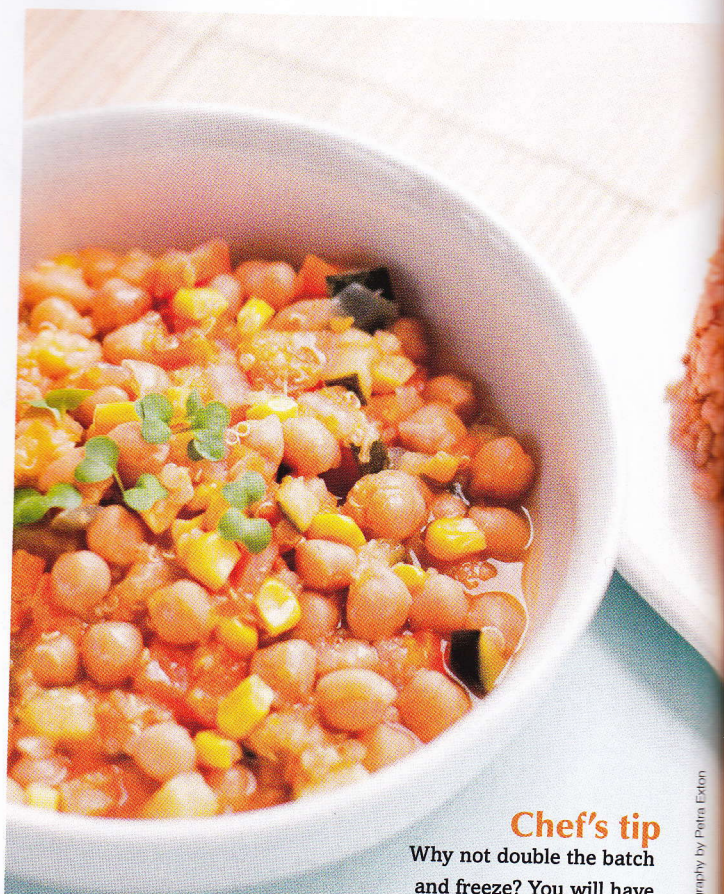
## CHICKPEA CASSEROLE WITH QUINOA

### SERVES 2

- 1 cup of cooked chickpeas
- Quarter cup of quinoa
- 1 onion
- 1 clove of garlic
- 1 corn on the cob
- 1 courgette
- 2 carrots
- 1/3 of a butternut squash
- Dash of tamari
- Dash of mirin sweet rice vinegar
- Dash of sesame oil
- Pinch of sea salt
- Pinch of dried Italian herbs

“Chickpeas are a brilliant source of protein”

- 1 Soak the chickpeas overnight and cook them for 45 minutes.
- 2 Dice all the vegetables finely and remove the corn from the cobs.
- 3 Heat a dash of sesame oil in a pan and add the onion with a pinch of salt. Cook for a few minutes.
- 4 Next add the garlic and chickpeas and other vegetables in this order; carrot, squash, courgette and corn.
- 5 Add an inch of the cooking liquid from the beans or water. Add the quinoa and dash of mirin and Italian herbs.
- 6 Cook covered for a further half an hour and add shoyu to taste towards the end of the cooking time.



**Chef's tip**  
Why not double the batch and freeze? You will have dinner sorted for ages!

Photography by Petra Exton



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## BROWN RICE SUSHI

### SERVES 4

- 2 cups of short grain brown rice
- Sea salt
- Toasted nori sheets
- Your favourite fillings; avocado, spring onion, mustard, pickled ginger, sauerkraut and cucumber.
- Sushi mat

#### For the dipping sauce:

- 1 tbsp of shoyu
- 1 tbsp of water
- 2 tps of rice vinegar
- 2 tps of fresh ginger juice

- 1 Cook the rice with four cups of water and a pinch of sea salt for about 50 minutes. Then allow the rice to cool a little.
- 2 Place the nori sheet on the sushi mat with the rough side facing upwards. Spoon the warm rice on the nori leaving a one and a half inch strip of nori uncovered at the top and bottom ends. Using wet hands, press the rice down firmly.
- 3 Across the middle of the rice, add your fillings.
- 4 Using the sushi mat, roll the rice up, then cut the sushi into pieces using a wet, sharp knife.
- 5 For the dipping sauce.

## Wholefood Harmony

If you like these recipes and want to learn more about macrobiotic food and healthy living, Wholefood Harmony are running a 'Love Food Nourish Life' cooking course that runs until the 24th of November. There are seven classes including; wholegrain wonders, vegetable heaven, healthy treats and snacks and pure puddings. For your chance to win a food and health coaching session email [welcome@foodharmony.com](mailto:welcome@foodharmony.com) with your name, telephone and quote *Natural Health*. For more information about the company visit [wholefoodcompany.com](http://wholefoodcompany.com) or phone 07957 313 187