



Fava bean chilli with buckwheat groats (serves 2)

If you love Mexican dishes, then try this this vegetarian alternative to the chilli con carne and rice dish. Here we have replaced the rice with buckwheat groats and the meat with fava bean. This dish is low in calories and rich in dietary fibre.

Ingredients - for the chilli

1 teaspoon of hemp oil	½ teaspoon paprika
½ onion	½ teaspoon chilli powder
2 cloves garlic	¼ teaspoon cumin
½ red pepper	½ teaspoon oregano
1 diced chilli pepper	Pinch of black pepper
175ml water	Pinch of salt
240g tinned tomatoes	½ can fava beans in water, drained
1 tablespoon of tomato puree	120g frozen green fava beans

Groats

75g buckwheat groats
200ml boiling water

Method

1. Heat the hemp oil in a pan and fry the onions for 8 minutes until softened, then add garlic, red pepper and chilli pepper for a further 2 minutes.
2. Add in water, tinned tomatoes, paprika, chilli powder, cumin, oregano, salt and pepper, bring to the boil and leave to simmer for 1 minute.
3. Add the tinned and frozen green fava beans to the pan and leave to simmer for 10 minutes.
4. In a separate pan, add the buckwheat groats with boiling water and cook for 15-20 minutes until the water is fully absorbed into the groats.
5. Serve the chilli and groats together.

Nutrition information

chilli 250g
groats 100g ▶

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	342kj 81kcal	3.9g	0.8g	0.1g	14.4g	2.5g	3.7g	0.20g
Per 350g Serving	1197kj 283kcal	13.5g	2.7g	0.3g	50.4g	8.8g	13.0g	0.70g