**Aduki Bean Casserole**

You can use a tin of beans but I soaked 150g overnight and then cooked...takes about 30mins.

I did not use onion or garlic, nor tomato paste, and I did add celery. All personal taste. And....I no longer use marmite as it is owned by Unilever...I use a brand called Nartex...and it is much tastier and smoother.

**SERVES**

2–4 (depending how hungry you are!)

**INGREDIENTS**

* 1 tbsp coconut oil or homemade ghee, plus a little extra for the sweet potato
* 2 onions, finely chopped (optional)
* 1 carrot, finely chopped
* 2 sticks celery finely sliced
* 2 large garlic cloves, sliced (optional)
* 1 tsp chilli flakes, plus a little extra for the sweet potato
* ½ tbsp red wine vinegar
* 2 inch piece of fresh ginger, peeled and grated, plus a little extra for the sweet potato
* 1 tbsp tomato purée (optional)
* 150ml coconut milk
* ½ vegetable stock cube
* 225g canned aduki beans (or 150g dried, soaked and cooked)
* 1 tsp Marmite
* 1 heaped tsp miso paste
* 100g frozen peas
* 1 large sweet potato, peeled and finely sliced into rounds

**METHOD**

Preheat the oven to 180C/gas mark 4.

Heat the oil in a heavy-based saucepan. Add the onion, carrot, celery, garlic and chilli flakes. Season and sweat until the onion becomes translucent. Add the red wine vinegar and cook over a high heat until it evaporates.

Reduce the heat and grate in the ginger before adding the tomato purée, coconut milk and stock cube. Add water to cover if needed. Simmer until the vegetables are soft.

Drain and rinse the aduki beans and add to the pan along with the Marmite and miso. Simmer gently for several minutes before tumbling in the frozen peas. Season and simmer gently until the peas are heated through. Transfer to a casserole dish.

Toss the sweet potato slices with a little coconut oil or ghee, some grated ginger, chilli flakes and salt. Line the top of the casserole with the sweet potato, overlapping to ensure it all fits in. Cover with foil and bake for about 30 minutes before removing the foil and cooking for a further 20 minutes or until crispy and golden.

Delicious served with some spinach or swiss chard on the side.