

# Samantha's Amaranth Lemon Winter Casserole

## Ingredients

2 medium carrots  
1 medium parsnip  
1 medium sweet potato  
1 large leek  
1 can of kidney beans  
6 cloves of garlic  
Handful of pumpkin seeds  
Handful of sunflower seeds  
½ teaspoon turmeric  
Fresh parsley to taste (or 2 teaspoons dried)  
Lemon juice to taste  
Vegetarian bouillon (such as Marigold Swiss Bouillon powder)  
200g Amaranth grain

## Method

Bring 400 ml water to boil in a medium sized pan. Add the amaranth. Sprinkle a pinch of turmeric into the mixture. Cover the pan with a lid. Turn down to a simmer and cook for 20 minutes or until the grain is cooked. Be careful to make sure the grain doesn't overcook or it can become mushy. Make sure the grain has absorbed all the water. Once the grain is cooked, remove it from the heat and leave it to stand for 15 minutes with the lid on.

While the amaranth is cooking, wash and prepare the vegetables. Pour a little water (about one inch deep) into another medium sized pan and bring to a boil. Chop the carrots, parsnips and sweet potatoes into bite sized chunks and add to the water. Sautee in the water over a moderate heat for 5 minutes, or until chunks begin to soften. Chop the garlic into slices and add them to the softening vegetables. Cook the vegetable mixture for another 2-3 minutes. Cut the

leeks and add them to the vegetable mixture. Add water, when necessary, to prevent burning.

Put the pumpkin and sunflower seeds into a tray and roast them underneath a grill. Take care not to burn the seeds. They should be lightly toasted. Once done, put them a side. When the vegetables are almost cooked, add 188 mg of water, 2 teaspoons of vegetable bouillon (or 189 stock cube), a sprinkle of turmeric, and lemon juice to taste. Allow to cook for a further 2-3 minutes. Drain the kidney beans and add them to the stew. Pour the amaranth into the cooked vegetable mixture allowing it to soak up the flavour of the lemon sauce.

Chop the washed parsley and add a good handful to the stew (or add 2 teaspoons of dried parsley). Mix in the toasted seeds. (You may like to allow the stew to sit for a while before serving. This enables the grain mixture to soak up the full flavour of the sauce.) Serve with a garnish of fresh parsley sprigs.  
Serves 2.