

IMBO 3 Ways

Preparing the grains:

Ingredients:

- IMBO Pearl Barley
- IMBO Black Lentils
- IMBO Kidney Beans

Directions:

1. Bring 1 cup barley and 5 cups water to a boil. Reduce heat to a simmer; cook, covered, until tender and most of the liquid has been absorbed, 40 to 50 minutes.
2. Place lentils in a large saucepan, add 2 cups water and bring to a boil. Reduce heat and simmer for 30 min or until soft.
3. Rinse the kidney beans and place them in a large saucepan, add 3 parts cold water, bring to a boil and cook for 5 minutes. Remove from heat, cover and allow to soak for one hour. Drain the soaked beans and return to the saucepan. Add enough boiling water to cover the beans, bring to a boil, reduce heat and simmer for 45 – 60 minutes until soft.
4. Pack the cooked grains into tupperware dishes.

Monday: Bean Croquettes

Ingredients:

- Olive oil
- 1 tbsp crushed garlic
- ½ cup IMBO Pearl Barley
- ½ cup IMBO Black Lentils
- ½ cup IMBO Kidney Beans
- ½ cup mozzarella
- 1 tsp vinegar
- 1 egg, beaten
- Flour
- Breadcrumbs

Directions:

1. Heat olive oil in a pan, with 1 tbsp crushed garlic. Add ½ cup cooked beans and ½ cup lentils.
2. Fry until golden and remove from the heat.
3. Mash the beans & lentils in the pan before adding ½ cup barley, ½ cup mozzarella and 1 tsp vinegar.
4. Mould the mixture into quenelle shapes. Dip each croquette into flour, egg and breadcrumbs.
5. Fry in hot oil until golden and crispy.
6. Serve with a garden salad and a drizzle of fresh lemon juice.

Tuesday: Zucchini Boats

Ingredients:

- Olive oil
- 1 tbsp crushed garlic
- ½ cup IMBO Pearl Barley
- ½ cup IMBO Black Lentils
- 1 cup tomatoes
- Zucchini
- 1 cup grated cheddar cheese

Directions:

1. Heat olive oil in a pan, with 1 tbsp crushed garlic. Add ½ cup cooked lentils & ½ cup cooked barely.
2. Add 1 cup whole tomatoes to the pan. Stir to combine.
3. Spoon the mixture into zucchini halves in a baking dish. Top with 1 cup grated cheese.
4. Bake at 180°C until the cheese is melted and golden.
5. Serve with a side salad.

Wednesday: Mason Jar Lunch

Ingredients:

- 1 tbsp IMBO Pearl Barley
- 1 tbsp IMBO Black Lentils
- 1 tbsp IMBO Kidney beans
- 1 tbsp sweet corn
- 1 tbsp chopped rosa tomatoes
- 1 tbsp chopped bell peppers
- Lettuce
- Salad dressing

Directions:

1. Spoon 1 heaped tbsp beans into the bottom of a mason jar. Top with barley and lentils.
2. Add 1 tbsp sweet corn, 1 tbsp rosa tomatoes, 1 tbsp bell peppers and lettuce.
3. Pour a creamy salad dressing into the jar and shake before serving.
4. Enjoy!