

Edamame bean salad

Serves 2

160 calories per serving

This salad looks and tastes amazingly fresh and the edamame beans work really well with these Asian flavours. Edamame are more commonly known as soya beans and you can buy them frozen in most supermarkets (look for non-GMO). These colourful beans provide a good source of protein as well iron and magnesium, low levels of which may lead to tiredness and fatigue. They're also a useful source of calcium for people following a dairy-free diet.

Their health benefits don't stop there! Edamame beans are also the perfect heart-healthy food as they contain a good source of fibre and plant compounds called soy isoflavones that have been shown to help reduce cholesterol. They're also very high in folate which helps to break down the amino acid homocysteine, high levels of which have been associated with an increased risk of heart disease.

Ingredients

*1 tbsp pumpkin seeds
120g edamame (soya) beans
2 celery sticks, finely sliced
1 spring onion, finely sliced
1/2 red chilli, finely chopped
1 tbsp coriander, finely chopped
2 tsp reduced salt tamari* sauce
1 tsp toasted sesame oil
1 lime, juiced*



Method

- 1. Toast the pumpkin seeds in a dry pan for a few minutes over a low heat then set aside to cool.*
- 2. Add the seeds to a medium sized bowl with the other ingredients and combine well.*
- 3. Serve in small bowls.*