



## Vegan pâté

*Mediterranean countries | Easy | 50 minutes | 4 servings | Side Dish*

*Tasty Mediterraneo's "Vegan pâté" recipe is very tasty and easy to prepare. It contains red kidney beans, avocado, tahini and extra virgin olive oil; a perfect mix of healthy and nutritious ingredients for a delicious vegan and gluten free pâté rich in fibre, protein, essential fatty acids and vitamins.*

### Tools and equipment

~ large bowl

~ pot

### Directions

- 1 Soak the dried beans in cold water for 12 hours (ideally leave them soaked overnight). Rinse them well and drain. Put them in a cooking pot and cover with water and cook over low to medium heat for 40 minutes until tender. Remove them from the heat, drain and leave them to cool. (If you are using a jar of organic beans in unsalted water just make sure to rinse them well and drain.)
- 2 In a large bowl, mash well the cooked red kidney beans with the help of a fork. Remove the avocado flesh with the help of a spoon and add it to the mashed beans. Mix it all well. Add then the 4 tablespoons of tahini, the freshly squeezed juice of one lemon, the salt and the extra virgin olive oil and mix it all very well until combined.



### Ingredients

Organic red kidney dried beans or pinto dried beans <i>(1 and 1/3 cup)</i>	<b>250 g</b>	Sea salt	<i>1 Teaspoon</i>
Avocados	<i>3 Units</i>	Extra virgin olive oil	<i>1 Teaspoon</i>
Tahini <i>(sesame seed paste)</i>	<i>4 Tablespoons</i>		
Freshly lemon squeezed juice	<i>1 Lemon</i>		