



Spanish Butter Bean Stew with Brown Rice

A beautifully balanced plant-based dish, full of vegetables, fibre and plant protein. The paprika and harissa give the dish a beautifully deep and smokey flavour. Did you know butter beans count as one of your five-a-day? This dish contains four portions of vegetables!

Ingredients

- Onion
- Garlic Clove
- Harissa Paste
- Tomatoes
- Butter Beans
- Vegetable Stock Cube
- Smoked Paprika
- Bay Leaf
- Roasted Peppers
- Green olive
- Brown Rice
- Parsley

Your Pantry

- Olive Oil

Nutritional Info

Calories: 395 kcal
Carbohydrates: 69.8 g
Protein: 15.3 g
Fat: 3.7g

Allergens


Celery (Stock Cube)
Stock Cubes may contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Prepare the vegetables and boil the kettle

Peel and finely slice the onion and garlic. Slice the green olives to your preferred size - you can leave them whole if you prefer. Finely chop the parsley. Drain and rinse the butterbeans. Slice the roasted peppers into strips.

Make the stock up to 500ml of boiling water per stock cube.

2) Saute the onions

Place a large frying pan over medium heat with a glug of olive oil. Once hot, add the sliced onions and saute on medium heat until caramelised, taking care to ensure they do not burn - approximately 4-5 minutes. Add the garlic and cook for a further 1-2 minutes.

3) Make the stew

Add another small drizzle of oil and the smoked paprika to the onion mix and cook for a further minute. To the same pan add in the chopped tomatoes, bay leaf, harissa paste, roasted peppers, olives, butterbeans, and 25ml of water *per person*. Leave to cook on a low simmer for 20 minutes. If you are concerned the stew is drying out, add a little more water, but it should be thick - not watery. Meanwhile...

4) Cook the rice

Put the rice in a small saucepan and add 120ml of stock per person. Bring to a simmer and allow to cook for 10-12 minutes or until done to your liking.

5) Plate the dish

Remove the bay leaf from the stew and discard. Sprinkle the chopped parsley into the stew and stir to combine. Serve immediately on top of the rice.



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