



SWEETCORN, CHARD & COCONUT STEW



MINUTES TO PREPARE

5



MINUTES TO COOK

35



SERVES

2-3

INGREDIENTS

1 red onion, peeled and sliced
1 tablespoon rapeseed oil
3 cloves of garlic, peeled and crushed
1/2 red medium chilli
2cm fresh ginger, peeled and diced
1 teaspoon vegetable bouillon mixed with 50ml water
150g rainbow chard, stalks and leaves separated and both roughly chopped
150g frozen sweetcorn
100g red lentils
400ml light coconut milk
200ml water
Pinch of salt
30g desiccated coconut, dry roasted in a pan until light brown
1 teaspoon cumin seeds, dry roasted
Juice of 1 lemon

LET'S GET COOKING

- 1 Heat the rapeseed oil in a large saucepan over a medium heat. Add the sliced onion and cook over a gentle heat for 5 minutes until it starts to soften.
- 2 Add the sweetcorn and continue to sweat for another 10 minutes over a medium heat. Add the garlic, ginger, chilli, cumin seeds, red lentils and chard, and stir for 2 minutes.
- 3 Add the bouillon mixed with water and stir. Add the coconut milk, water, salt and lemon juice and bring to the boil, before turning down to a gentle simmer.
- 4 Simmer for 20 minutes or until the red lentils are soft. Taste and season as necessary. Serve with handfuls of roasted coconut, slices of lemon and some extra chilli for those who like it hot.

"This is a lovely vegetarian (and vegan) stew inspired by curries I made with Jane Baxter at Wild Artichokes in Kingsbridge. Every Friday is curry night there and we'd spend all day creating incredible dishes from all over the globe - Sri Lanka, Thailand, Malaysia, Burma - you name it! With each ingredient was a bucket load of pure authenticity as she strove to find the most authentic and intense flavours. I loved cooking with Jane as it really challenged me. It's good challenge yourself in the kitchen from time to time!"

Enjoy on its own or with a bowl of basmati rice. A huge handful of freshly chopped coriander and mint would make a lovely addition"