

VEGETABLE AND CHORIZO BEAN STEW WITH HALLOUMI



MINUTES TO PREPARE
20



TIME TO COOK
1 hour 15 mins



SERVES
4

INGREDIENTS

1/2 teaspoon fennel seeds
1/2 teaspoon coriander seeds
1/2 teaspoon cumin seeds
1/2 stick cinnamon
1/2 star anise
2 tablespoons rapeseed oil for the aubergine
1 teaspoon rapeseed oil for the halloumi
1 aubergine, washed and diced into 2cm chunks
1 onion, peeled, halved and sliced into quarters
1 clove garlic, peeled and crushed
150g mushrooms, sliced into medium slices
100ml red wine
400g tinned tomatoes
200ml (half tomato tin) water
1 stock cube or 1/2 teaspoon bouillon
400g tin butter beans
25g chorizo, thinly sliced
2 spring onion, washed and cut into slices
225g halloumi, sliced
200g spinach, washed

LET'S GET COOKING

- 1 Pre-heat the oven to 160/315/gas 2-3. You will need a medium sized casserole dish with a lid.
- 2 Heat a small pan over a high heat and dry roast the seeds. When they start popping, take the seeds off the heat and pour them into a pestle and mortar. Grind to a fine paste.

Heat the oil over a high heat in the casserole dish and fry off the aubergine chunks for 5 minutes until they start to turn brown. Turn down the heat to medium and add the onions and mushrooms. Continue to cook for another 5 minutes until all the vegetables start to soften. Add the garlic and spices and give it a good stir. Cook for another minute.
- 3 Turn up the heat again and add the wine. Let it bubble for 3 minutes as this will release the alcohol. This is called reducing. Add the chorizo, tomatoes, butter beans, water, stock and a good grind of pepper. Bring it to the boil, put a lid on and pop it in the oven for 1 hour 15 minutes.
- 4 Put the washed spinach and chopped spring onions in a microwaveable container and cook for 3 minutes.
- 5 Heat the teaspoon of rapeseed oil in a frying pan over a high heat and add the halloumi. Fry for 2 minutes on either side or until golden. Enjoy!
- 6

"A warming store cupboard stew which will be delicious for lunch the next day or freezes well. The chorizo is minimal but adds smokiness and warmth. If you would prefer a vegetarian meal substitute it for 1 teaspoon smoked paprika which can be added with the rest of the spices."

By serving it with spinach, spring onion and halloumi you are combining flavours, colour and probably most importantly texture to the meal. The halloumi will add salt, the spinach will add freshness and the spring onion will add crunch."