



Harissa Butter Bean Stew

Serves: 4

Ingredients

2 Tbsp olive oil, plus a little extra for drizzling

4 garlic cloves, crushed

2 tbsp harissa paste

1 x 400 g tin cherry tomatoes

2 x 400 g tins of Butter Beans plus liquid (Bold Bean Co Queen Butter Beans are the best!)

1/2 tsp salt

2 tbsp Crème Fraiche, soured cream or yoghurt

1/2 lemon, juiced

60 g (a few handfuls) Spinach or wilting greens

2 tbsp tahini (OPTIONAL) for drizzling

TO SERVE (OPTIONAL) sourdough, toasted

Instructions

1. Warm the olive oil in a pan over a low/medium heat. Add the garlic and cook for 2-3 mins.
2. Add the harissa paste, tomatoes, butter beans (with the liquid from the jars) and salt. Bring to the boil, then lower the heat and simmer for 30-40 mins, until the sauce has reduced by about half.
3. Stir in the cream, lemon juice and the spinach; season to taste.

4. To serve, divide between bowls and drizzle over the tahini and a little olive oil. Enjoy with slices of toasted sourdough, if desired.
5. If making ahead, add the cream, lemon juice, spinach and tahini just before serving. Chill for up to 5 days, or freeze for up to 3 months.

NOTES