



Harissa Butter Bean Stew

Serves: 4

Ingredients

2 Tbsp olive oil, plus a little extra for drizzling

4 garlic **cloves**, thinly sliced

2 tbsp harissa paste

1 x 400 g tin cherry tomatoes

2 x 570 g jars Bold Bean Co Queen

Butter Beans, plus the liquid from the jars

1/2/tsp salt

2 tbsp greek yoghurt

1/2 lemon, juiced

30 g basil, roughly chopped

30 g coriander, leaves chopped

2 tbsp tahini (OPTIONAL) for drizzling

TO SERVE (OPTIONAL) sourdough, toasted

Method

- 1** 1. Warm the olive oil in a pan over a low/medium heat. Add the garlic and cook for 3-5 mins.
- 2** 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 mins, until the sauce has reduced by about half.
- 3** 3. Stir in the yoghurt, lemon juice and half the basil; season to taste.

- 4 Scatter over the coriander and the remaining basil.
- 5 4. To serve, divide between bowls and drizzle over the tahini and a little olive oil. Enjoy with slices of toasted sourdough, if liked.
- 6 If making ahead, add the yoghurt, lemon juice, herbs and tahini just before serving. Chill for up to 5 days, or freeze for up to 3 months.

Notes

Could eat this every day!