

Smoky Bean Stew & Roasted Cauliflower

Makes 4 portions

15ml vegetable oil
1 onion
3 cloves garlic
1 stick celery
2 teaspoons smoked paprika
2 teaspoons ground cumin
1 tin chopped tomatoes
1 tin mixed beans or 350g cooked mixed beans
1 tablespoon marmite
1 tablespoon vegetable bouillon powder or vegetable stock cube
1 small bunch parsley, chopped

1. Chop the onion. Heat a large saucepan over a medium heat. Add 1 tablespoon vegetable oil and the chopped onion. Stir briefly, lower the heat and place on a lid. Leave on a low heat to soften while cutting up the vegetables.
2. Crush the garlic and cut up the cauliflower including the cauliflower leaves.
3. Turn up the heat slightly. Stir in the garlic, smoked paprika and cumin.
4. Stir in the mixed beans and tinned tomatoes, marmite, and vegetable bouillon. Stir until the stew comes to the boil then lower the heat and simmer for about 10 - 20 minutes.
5. Chop the parsley and stir into the stew and correct the seasoning before serving.

Roasted Cauliflower

2 teaspoons smoked paprika

2 teaspoons ground cumin

1 teaspoon dried marjoram

1 teaspoon thyme

1 tablespoon vegetable oil

1. Preheat the oven to 200°C.
2. Mix all of the ingredients together except the vegetable oil.
3. Place the cauliflower including the chopped leaves in a single layer in a large oven tin.
4. Sprinkle over the herbs and spices then the vegetable oil.
5. Mix everything together. Sprinkle with salt.
6. Place in the oven. Check after 15 minutes. It is cooked when the stalk of the cauliflower is soft.
7. Serve the smoky bean stew and roasted cauliflower with cous cous.