

Harissa bean stew

Makes 4 portions

2 tablespoon vegetable oil
1 onion, chopped
2 garlic cloves
500g new potatoes, cut into bitesize pieces
2 tablespoon harissa paste
1 teaspoon baharat spice mix
1 red pepper, sliced
1 courgette, diced
1 tin chopped tomatoes
300g cooked mixed beans or 1 tin mixed beans, drained
2 teaspoons Vegetable stock powder

1. Heat the oil in a large saucepan over a medium heat.
2. Add the chopped onion, and potatoes and cook until the onion starts to soften.
3. Stir in the garlic, sliced pepper, diced courgette, harissa and Baharat spices, and cook for 3 mins.
4. Add the tinned tomatoes and cooked mixed beans. Fill the tomato tin with water and add to the saucepan with the vegetable stock powder. Bring to the boil then reduce the heat and simmer until the potatoes are cooked.
5. Check the seasoning and adjust if necessary.
6. Serve with a spoonful of soya plain yoghurt.

Adapted from recipe: <https://www.bbcgoodfood.com/recipes/spicy-harissa-bean-stew>



