

TASTE WITHOUT WASTE

Porotos Granados

Serves 4 (when accompanied by a starch).

Ingredients

2 tbsp sunflower oil
1 medium red onion, chopped
3 garlic cloves, finely chopped
1.5 tsp smoked paprika
1 tsp dried oregano
1 tsp caraway seeds
400g can borlotti beans, drained and rinsed
300g sweet potato, peeled and cut into 2cm dice
350g butternut squash, peeled and cut into 1cm dice
2 bay leaves
1 litre vegetable stock
250g asparagus, trimmed and cut into 3cm pieces
310g can corn kernels, drained
½ tsp salt plus extra salt and pepper to taste
Fresh oregano or basil to garnish (optional)

Method

Place a large saucepan or deep frying pan (with a lid) over medium heat and warm the oil until shimmering. Add the onion and cook for 5 minutes or until softened. Now add the garlic and cook for a further 4 minutes, stirring regularly to prevent it burning. Sprinkle in the paprika, oregano and caraway seeds and cook, stirring constantly for 1 minute. It will be nice and fragrant at this point!

Toss in the borlotti beans, sweet potato, butternut squash and bay leaves. Stir well and then pour the vegetable stock over the top. Cover and bring to the boil. Reduce to a simmer and cook, uncovered, for 15 minutes or until the sweet potato is just tender and the butternut squash is beginning to break down.

Throw in the asparagus and corn kernels and season with ½ tsp salt. Simmer, uncovered, for a further 5 minutes or until the asparagus is just only just tender (it will continue to cook when you turn off the heat).

Remove the pot from the heat and allow to rest for 10 minutes prior to serving.

Serve with salt and pepper to taste, and your choice of starch – sourdough bread or flatbreads are both tasty accompaniments! Garnish with fresh oregano or basil if you have it to hand.

Will keep in an airtight container for 3 days. Also freezes well for up to 5 months.

Source: A Taste Without Waste original.

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