

Butter Bean, Ginger and Spinach Stew

* Coconut Oil for frying
* 2 onions, finely sliced
* 2 tsp Turmeric
* pinch of Cayenne Pepper
* 2 bay leaves
* 4 garlic cloves, crushed
* Inch of fresh ginger finely chopped
* 4 carrots, chopped into 1cm cubes
* 600ml passata
* Desert spoon of raw honey or maple syrup
* Bag of Fresh spinach
* 2 x 400g tins butterbeans, drained and rinsed
* ½ large bunch fresh flat leaf parsley, chopped
* Handful fresh coriander , roughly chopped

1. 01.Heat a spoonful of coconut oil in a large flameproof casserole over a medium heat. Add the onions and fry for 2-3 minutes, then add the garlic , ginger and spices and carrots. Fry for a further 5-10 minutes until the carrots start to soften.
2. 02.Add the passata along with 200ml water and honey . Bring to a simmer and bubble for 5 minutes, then add the spinach and beans. Simmer for a further 10 minutes until hot, then taste and season with salt and pepper.
3. 03.Stir through the parsley and coriander then serve in bowls with wholegrain rice or quinoa .