Main dishes / China

white beans and pumpkin stew · China

A substantial China-inspired stew built around pumpkin and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked white beans
- ☐ 400 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g pumpkin
- ☐ 25 ml soy sauce
- ☐ 15 ml rice vinegar

Let's make it.

01 Clean the pumpkin and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the pumpkin and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the soy sauce, finely grated fresh ginger, rice vinegar and taste before serving.

AI-developed, not kitchen-tested.

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