Main dishes / England

white beans and courgette stew · England

A substantial England-inspired stew built around courgette and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- [ ] 150 g onion
- [ ] 30 ml neutral cooking oil
- [ ] 600 g drained cooked white beans
- [ ] 600 g courgette
- [ ] 400 ml low-salt vegetable stock
- [ ] 15 g English mustard
- [ ] 2 g dried sage
- [ ] 10 g fresh parsley
- [ ] salt and pepper to taste

Let's make it.

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

02 Heat the oil and soften the onion for five minutes. Add the courgette 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 English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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