Main dishes / Ireland

# white beans and carrot skillet · Ireland

A savoury Ireland-inspired Studio variation with carrot, drained cooked white beans and a fragrant finish.

**Time** 35 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked white beans
- ☐ 180 ml low-salt vegetable stock
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g carrot
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar

## Let's make it.

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

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

03 Add the stock, cover and simmer for 12 minutes until the vegetables are tender.

04 Rinse and drain the drained cooked white beans, then heat until piping hot throughout.

05 Combine the cooked main ingredient with the vegetables. Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving. Serve straight away.

**AI-developed, not kitchen-tested.**

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