

Vegetarian Feijoada

300g butternut squash,
olive oil
½ heaped teaspoon ground coriander
½ heaped teaspoon smoked paprika
2 mixed-colour peppers
1 red onions
2 cloves of garlic
2 fresh bay leaves
400g tins of black beans
75g green beans
150g brown rice
2 ripe mixed-colour tomatoes
1 fresh red chilli, finely chopped
30g fresh coriander
1 lime
2 tablespoons natural yoghurt

Pre-heat the oven to 200C. Halve and deseed the squash, then carefully chop into 3cm chunks. In a large roasting tray, toss and massage it with 1 teaspoon of oil, the ground coriander and a pinch of sea salt and black pepper. Deseed the peppers and cut into 3cm chunks, then, in a separate tray, toss and massage them with 1 teaspoon of oil and the smoked paprika. Place both trays in the oven for 35 minutes, or until softened.

Meanwhile, peel and finely chop ¼ of an onion and put aside, then roughly chop the rest and place in a large casserole pan on a low heat with 1 tablespoon of oil. Crush in the garlic, add the bay leaves and a good splash of water and cook for 20 minutes, or until soft, stirring regularly. Tip in the beans, juice and all, then half-fill each empty tin with water, swirl and pour into the pan. Simmer until the time is up on the squash and peppers, then stir both into the pan. Trim the green beans, cut in half and add before simmering for a further 20 minutes, or until the feijoada is dark and delicious, loosening with an extra splash of water, if needed.

Meanwhile cook the rice, then drain. Make a quick salsa by deseeding the tomatoes, adding the chilli and most of the coriander leaves. Scrape into a bowl with the reserved finely chopped onion and toss with the lime juice, then season to taste. Serve the feijoada with the rice and salsa, a spoonful of yoghurt and a sprinkling of the remaining coriander leaves.