



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late March 2021

A tasty supper

Spanish-style squash and chickpea stew

This a hearty, adaptable vegetable stew. Leftovers will freeze well, or alternatively add vegetable stock to leftovers and whizz to make a delicious soup.

You can serve this stew as it is or with some rice, couscous or a hunk of bread on the side.



Ingredients

- 1 medium butternut squash
- 2 onions
- 4 cloves garlic
- 1 tin chopped tomatoes
- 2 tins chickpeas (or other white beans)
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1 tbsp tomato puree
- 2-3 handfuls greens - spinach/ kale/ chard
- 1 tsp honey (optional)
- Olive oil, salt and pepper
- Fresh coriander or parsley (optional)

Serves 4

You will need a large casserole pan, a chopping board and knife.

Method

1. Peel and half the onions and then slice into half-moons.
2. Heat 2 tbsp olive oil in a large pan and then add the onions and a small pinch of salt. Cook gently for ten minutes until the onions are soft and translucent.
3. Peel the squash and deseed.*Cut into large cubes.
4. Peel and slice the garlic and add to the pan, along with the oregano, thyme, paprika and tomato puree. Cook for one minute.
5. Add the squash pieces followed by the tinned tomatoes and drained tinned beans.
6. Bring to a simmer and cook for around 20 minutes, or until the squash is starting to collapse into the sauce. Stir regularly and add a splash of water or stock if it gets too dry.
7. Wash and roughly chop the greens and cook until wilted.
8. Check the seasoning and add salt and pepper to taste. If your greens are particularly bitter then you may like to add a little honey too.
9. Garnish with fresh herbs if using.

*If you like you can clean and dry the seeds and then make toasted seeds next time the oven is on. Drizzle with oil and a little salt and roast for 10-15 minutes at the bottom of the oven. These are great as a snack or in a salad.