



# Smoky veggie feijoada

BLACK BEANS, SQUASH, PEPPERS & OKRA

DAIRY-FREE

SERVES: 2  
COOKS IN: 1H 5M  
DIFFICULTY: NOT TOO TRICKY

HEALTHY

## Ingredients

- ½ a butternut squash , (600g)
- olive oil
- 1 heaped teaspoon ground coriander
- 1 heaped teaspoon smoked paprika
- 3 mixed-colour peppers
- 2 red onions
- 4 cloves of garlic
- 4 fresh bay leaves
- 2 x 400 g tins of black beans
- 100 g okra
- 150 g brown rice
- 2 ripe mixed-colour tomatoes
- ½-1 fresh red chilli
- 1 bunch of fresh coriander , (30g)
- 1 lime
- 2 tablespoons natural yoghurt

## Method

1. Preheat the oven to 200°C/400°F/gas 6.
2. 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.
3. 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.
4. 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.
5. 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.
6. Trim, finely slice and add the okra, and simmer for a further 20 minutes, or until the feijoada is dark and delicious, loosening with an extra splash of water, if needed.
7. Meanwhile, cook the rice according to the packet instructions, then drain.
8. To make a quick salsa, deseed the tomatoes, then finely chop with as much chilli as you like 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 perfection.
9. Remove 4 portions of feijoada, bag them up and once completely cool, freeze for a rainy day, when you'll be really grateful it's there.
10. Serve the remaining feijoada with the rice and salsa, a spoonful of yoghurt and a sprinkling of the remaining coriander leaves.

### NUTRITION PER SERVING

Calories	Fat	Saturates	Protein	Carbs	Sugars	Salt	Fibre
532	79g	1.9g	19.9g	93.6g	17.6g	0.1g	20.1g
27%	11%	10%	40%	36%	20%	2%	-

OF AN ADULT'S REFERENCE INTAKE