

Harissa and beans pasta sauce (4 portions; 30 minutes)

Storecupboard version of the harissa pasta sauce; good with wholewheat pasta or chunky bread.

For the sauce

5 tbsp olive oil for frying
2 red onions (about 350g)
4 cloves garlic

2 heaped tsp smoked paprika
6 tsp harissa paste

2 tins peeled plum tomatoes
1 tin butter beans
1 tin haricot beans

1 stock pot or cube
salt to taste

Roughly chop the garlic and slice the onions. Fry the garlic on medium heat for about 30 seconds, then add the onions, smoked paprika, and harissa, and mix well.

Drain and rinse the beans and add to the pot, along with the stock, salt, tomatoes (chop them a bit in the pan), and about half a can of hot water. Mix well.

Simmer for about 20 minutes.