

Harissa pasta sauce (5 portions; 35 minutes)

For the sauce

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

2 heaped tsp smoked paprika
3 good tbsp harissa paste

500g courgettes (about 3)
1 tin peeled plum tomatoes
1 tin canellini 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.

Slice the courgettes into quarters lengthwise, and then into chunks. Add to the pot as you go along. Mix well when they are all in.

Drain and rinse the beans and add to the pot, along with the stock and salt. Mix well and leave to cook for 5 minutes, then add the tomatoes (chop them a bit in the pan) and about half a can of hot water.

Simmer for 15-20 minutes.