

SPANISH SMOKEY BEANS & TOMATOES

INGREDIENTS

1 tablespoon extra virgin olive oil
1 onion diced
2 garlic cloves finely chopped
1 teaspoon sweet smoked paprika pimenton dulce - or hot paprika if you like it spicy
2 bay leaves
2 cans butter beans, drained and rinsed
2 cans plum tomatoes
Sea salt and black pepper
2 large handfuls spinach roughly chopped

METHOD

Step 1:

In a large saucepan, heat the oil over a medium heat. Add the onions and fry, stirring continuously, for 3-5 minutes until translucent but not browned.

Step 2:

Add the garlic, paprika and bay leaves and fry for a further minute.

Step 3:

Add the beans and tomatoes. Stir and break up the tomatoes a bit, then season with salt and pepper. Stir well and reduce the heat to low. Simmer for 15 minutes, checking regularly so it doesn't stick to the bottom of the pan.

Step 4:

As it finishes, stir the spinach through to wilt.

Step 5:

Serve hot or cold, as tapas or a side dish, sprinkled with the fresh parsley.

THE COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

www.facebook.com/secretjozichef