



FOOD WORKS

Celeriac and butterbean stew

(Makes 4-6 portions)

Ingredients

- 6 medium carrots, roughly chopped
- 2 medium celeriac, peeled and roughly chopped
- 2 medium onions, roughly chopped
- 2 tins (400g each) butter beans, do not drain

For the sauce:

- 4 cloves garlic
- Juice of 1 lemon
- 2 tsp smoked paprika
- 1 tsp onion salt (or ½ tsp onion powder + ½ tsp salt)
- ½ tsp fennel seeds
- ½ tsp black pepper
- 60ml oil (any kind: olive, vegetable, rapeseed)
- ½ tsp mustard seeds



Alternatives

Use up those extra ingredients in your cupboard/fridge and save yourself a trip to the shop.

Instead of celeriac:

- Any other root vegetable such as swede, parsnip, turnip, sweet or ordinary potato.

Instead of butter beans:

- Cannellini, haricot, kidney, chickpeas, or borlotti

Instead of fresh lemon:

- 2 tsp bottled lemon juice

Instead of fennel/mustard seeds:

- 1 tsp dried thyme or rosemary and ½ tsp ground cumin (Or omit, the stew will still be delicious)

Got leftovers? Toss them in!

- Chopped celery/peppers can be roasted with the root vegetables; you could even add a chopped-up apple for sweetness.
- Spinach, kale and chard can be added with the beans at the final stage.

Method

Prep

- Preheat your oven to 180°C (fan-assisted).
- Scrub and roughly chop all the vegetables into similar-sized chunks.

Make the sauce

- Place all the sauce ingredients (garlic, lemon juice, spices, oil) into a blender, food processor, or deep jug. Use an immersion blender to blitz until smooth and emulsified.
- No blender? Finely mince the garlic, crush the seeds with the back of a spoon, and whisk everything together vigorously.

Coat and roast

- Place the chopped vegetables in a large roasting dish or tray.
- Pour the sauce over and use your hands or a spoon to mix until every piece is coated.
- Roast for 40 minutes, stirring well halfway through.

Add beans and finish

- Remove the dish from the oven.
- Pour in the undrained butter beans and their liquid. This adds creaminess to the sauce.
- Stir everything together and return to the oven for a final 5-10 minutes until heated through.

Serve

- Serve the stew alongside mashed or roasted potatoes, rice or couscous, or crusty bread . The sauce will be rich and gravy-like.