

Creamy Spicy Lemon Butter Beans

This dish had been on my mind after seeing many lemon/bean recipes online, so I made my own and frankly it was stunning. You can try it as is or use chickpeas instead, in fact any light-coloured bean would work well with this creamy, spicy (if required), zesty dish.

Ingredients:

¼ white cabbage (finely shredded)
2 carrots, julienned
2 tins of butter beans
1 box (330g) of Silken & Smooth tofu
5 Tbsp nutritional yeast (nooch)
300ml plant milk (I used KOKO)
2 vegetable stock cubes (I used Kallo)
3 cloves garlic
Finger chillies (to taste or leave out)
1 to 1 ½ lemons, juiced.
Salt & pepper (to taste)
100g spinach, or as required



Put a little oil in a pan, such as a wok, add the shredded cabbage and julienned carrots and fry for a while, moving them around to get some colour on the edges. In a NutriBullet or a jug if using a stick blender, put your silken tofu and plant milk, add the stock cubes, garlic, optional chillies, lemon juice, salt & pepper.

Blitz all of that together using your stick blender or bullet.

Drain and rinse your butter beans.

Add the blitzed sauce to the pan and warm through, then add your butter beans (or chickpeas if you prefer).

Keep stirring and, if needed, add more plant milk. Wait until the sauce is at your desired consistency, then add your spinach — as much as feels right for you. I cut around 100g straight into the pan with scissors, right at the end.

Serve with some crusty bread, or have it like we did, with a toasted muffin buttered with Food Heaven garlic spread.

Delicious!

I made it LIVE on [Instagram](#) and also uploaded to [Facebook](#)