

Marry TVG Beans

Ingredients:

2 tins white beans, drained and rinsed — we used black-eyed beans
1 red onion, chopped
1 carrot, finely julienned
Approx. ¼ white cabbage, finely shredded
3 cloves garlic, crushed or finely chopped
A little oil, for frying
1 tbsp red pepper flakes
½ tbsp dried chilli
1 tsp dried oregano
A little garlic powder
1 tbsp smoked paprika
2 Kallo vegetable stock cubes, made up with 1 litre boiling water
½ cup cashews, soaked in boiling water for a couple of hours and drained
A splash of plant milk
1 tbsp sun-dried tomatoes, including a little of their oil
A little extra chopped sun-dried tomato, with some oil from the jar
A good shake of nutritional yeast
A large handful fresh spinach, roughly chopped
A good handful fresh basil



Method

Heat a little oil in a large pan and add the chopped red onion. Cook gently until it begins to soften and take on a little colour.

Add the carrot, cabbage and garlic and stir everything together. Add the red pepper flakes, dried chilli, oregano and a little garlic powder.

Pour in a splash of the vegetable stock. You're not trying to make soup here — just give the vegetables enough liquid to continue cooking and softening without adding more oil.

Now make the creamy sauce.

Add the soaked cashews to a blender along with some of the vegetable stock, a splash of plant milk, 1 tbsp sun-dried tomatoes with a little of their oil, and some fresh basil. Blitz until beautifully smooth and creamy.

Pour the cashew cream into the pan and stir it through the vegetables.

Add a little more chopped sun-dried tomato and some of that lovely oil from the jar, followed by a good shake of nutritional yeast.

Add both tins of drained and rinsed beans and mix well.

Roughly chop the spinach, add it to the pan and stir until wilted through the sauce. Add more vegetable stock as needed until you've got the consistency you want.

Finally, add the 1 tbsp smoked paprika and stir it through. This was the last-minute addition when we made it LIVE and it gave the whole thing that extra little dimension it needed.

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Finely chop a good amount of fresh basil and stir that directly into the finished beans. You could save it for a fancy garnish, but I wanted that fresh basil flavour in there, mingling with everything else.

Turn off the heat and let it sit for a while. The cashew sauce will naturally thicken as it stands, so don't worry if it looks slightly looser than you'd like when you first finish cooking it.

Make It Your Own

We used black-eyed beans, but don't get hung up on that. Butter beans would be gorgeous, as would cannellini beans, chickpeas or whatever suitable beans you've already got in the cupboard.

Likewise, use the stock gradually. We made a litre with two Kallo cubes, but that doesn't mean you need to use every last drop. You're the one standing in front of the pan — you decide when it's right.

Serve with some good crusty bread, sourdough, a wholemeal muffin or garlic bread for getting every last bit of that sauce off the plate.

Rocket went extremely well with this dish.

Creamy. Spicy. Smoky. Packed with beans, cashews, spinach, onion, carrot and cabbage.

Those Vegan Guys' Marry Me Beans.