

Middle Eastern style runner beans

Serves 6



Ingredients

- 2 tbsp oil for frying, e.g. vegetable or sunflower
- 2 onions, sliced
- 2 garlic cloves, finely chopped
- 1 tsp cumin seeds
- ¼ tsp paprika
- 400g runner beans, topped, trimmed and cut into 1cm slices on the diagonal
- 450g ripe tomatoes, diced
- juice of 1 lemon
- 6 tbsp veg stock
- salt and pepper

Method

- Step 1 - Heat the oil in a large pan and cook the onion on a very low heat for 10-12 minutes until soft.
- Step 2 - Add the garlic, cumin and paprika. Turn the heat up slightly and cook for another couple of minutes.
- Step 3 - Add the beans, tomatoes, lemon juice and stock. Bring to the boil, cover and simmer gently for about 40-45 minutes, until the beans are very soft.

Recipe from Riverford brought to you by

