



Welsh Vegetable Crawl

Prep and cooking time -
2 hours 30 minutes

Ingredients

1 onion, chopped
1 leek, chopped
1 large carrot, chopped
400g swede, chopped
400g potato, chopped
2 sprigs of thyme
1.2litres water (add vegetable stock)
1 x cooked butter beans
400g chickpeas, kidney beans and black beans
1 head of Cavolo Nero

Method

Add the onions and leeks in a pan with a glug of oil and sauté with a pinch of salt until soft, 10 minutes or so.

Stir in the rest of the peeled, chopped vegetables, the herbs, and the water, bring to a boil, then turn down heat and simmer until the vegetables are all tender, around 30 minutes.

Add the butter beans with the liquid and stir through. Keep at a gentle simmer, Add the shredded Cavolo Nero then season to taste. This can be left now at the lowest setting, until ready to serve.

Serve in bowls, sprinkle with chopped parsley. On the table, offer a chunk of cheese and the grater, and the salt and pepper.

Non-veg option: Add small pieces of browned lamb (fried up quickly in hot oil before you fry the onion, remove from the pan, and set aside, adding back in at step 2).