

FEIJOADA WITH OKRA

INGREDIENTS

- 600g butternut squash
- 2 organic red peppers
- 1 large red onion
- 3 garlic cloves
- 1 bottle of black beans (400g)
- 150g okra
- 3 bay leaves
- 2 tsp ground coriander seeds
- 2 tsp smoked paprika
- fresh cilantro
- salt & pepper

PREPARATION

1. Prepare all the ingredients and preheat the oven to 180-200°C.
2. Halve and deseed the squash and peppers and chop into 3 cm chunks. Place on a tray with paper, sprinkle ground coriander seeds, smoked paprika and olive oil and massage onto every piece. Bake for about 20 min
3. Heat the oil, add finely cut onion mashed garlic cloves, bay leaves and finely chopped cilantro stalks, fry till soft.
4. Drain and properly wash the beans and add it to the pot, followed by chopped okra. Add a good splash of water and simmer for 20 min.
5. Add roasted squash and peppers to the mixture and cook for 10min more.
6. Enjoy with cooked brown rice and fresh cilantro.