

Coconut bean casserole, courgette, Nantes carrot, thyme and smoked paprika - Virtual Workshop Version

Recipe for 2 portions

Description

This vegetarian recipe is a fast and easy way to please everyone.

Note

Be careful not to use too spicy smoked paprika.

Ingredients

Casserole

- 1 Can(s) White beans (540ml)
- 1 Small Onion
- 2 Unit(s) Nantaise carrot
- 1 Small Zucchini
- 2 Sprig(s) Thyme
- 125 Ml White wine
- 1 Tbsp Smoked paprika
- 100 Ml Cream 35%
- 1 Clove(s) Garlic

Garnish

- 2 Tbsp Grated parmesan
- 1 Unit(s) Green onion
- 1 Handful(s) Bread crust

Preparation

- Preparation time **30 mins**

Things to do before the workshop

Ingredients

Wash the vegetables

Peel and chop the garlic.

Open the bean can, rinse with water and drain.

Equipment list

1 cutting board, 1 chef knife, 1 paring knife

1 large pan with lid

1 mixing bowl

Kitchen towels, tablespoons (tasting)

1 large spoon

Preparation to do with the chef

Cut the zucchini into cubes and slice the carrots.

Strip the thyme.

Dice the onion finely.

Chop the green onion for the garnish.

Casserole

Heat the pan with little bit of olive oil, cook the vegetables (carrots, zucchinis and onion) for 1 minute.

Add the garlic, thyme and white wine.

When the wine is half reduce, add the rest of the ingredients (beans, cream and smoked paprika) and simmer for 10 minutes.

Plating

Place a good portion of the bean stew at the bottom of your casseroles.

Sprinkle everything with the grated Parmesan, green onion and croutons of bread.

Bon appétit!