



THOUGHTFUL COOKING WITH TINA

Creamy Butter Beans with Leeks, Roasted Cabbage & Paprika Oil

SERVES 3 • 60 MIN

A creamy vegan butter bean recipe with slow-cooked leeks, roasted cabbage and smoky paprika oil — filling, high in fibre and ready in an hour.

INGREDIENTS

1 small white cabbage
2 tbsp extra virgin olive oil
1/2 tsp black pepper
2 medium leeks
2 cloves garlic, finely chopped
1 small sprig thyme (whole, stems intact)
1 bay leaf
400 g jar large butter beans (use with their cooking liquid)
150 ml light vegetable stock or hot water
60g (approx. 4 tbsp) oat cream or dairy cream
Pinch of freshly grated nutmeg (optional)
Finely grated lemon zest
1–1½ tbsp lemon juice
Sea salt, to taste

SMOKED PAPRIKA OIL

4 tbsp extra virgin olive oil
½ tsp smoked paprika

SPICED SEED POWDER

2 tbsp pumpkin seeds
2 tbsp sunflower seeds
1/2 tsp cayenne pepper, or to taste
pinch of sea salt

TO SERVE

Smoked paprika olive oil
1 tsp spiced seed powder
Corn greens, lightly dressed with olive oil

ALLERGENS

None

METHOD

1. Prepare the paprika oil first. Warm the olive oil gently in a small pan over very low heat. Remove from the heat, stir in the smoked paprika and set aside to infuse. Do not allow the oil to sizzle or colour.
2. Heat the oven to 200°C (180°C fan). Remove any tough outer leaves from the cabbage, cut it in half, remove and discard the hard core, then cut each half into wedges. Place the wedges in a roasting tin, drizzle lightly with olive oil and season with salt and pepper. Cover tightly with a sheet of baking paper and a sheet of foil and bake for 30 minutes.
3. Remove the cabbage from the oven, discard the foil and baking paper, and brush the cut surfaces lightly with the smoked paprika oil. Return the tray to the oven uncovered and roast for 15–20 minutes, until tender with caramelised edges. Remove and set aside.
4. Trim the leek ends, slice lengthways, then finely slice crossways into 1 cm ribbons. Wash thoroughly and drain well, drying with a clean tea towel.
5. Heat the olive oil in a wide pan over low to medium heat. Add the leeks with a small pinch of salt and cook gently for 10–12 minutes, stirring often, until fully softened and collapsed. They should not colour.
6. Add the garlic and cook for 30 seconds, just until fragrant.
7. Add the thyme sprig and bay leaf, stir briefly, then add the stock and bring to a gentle simmer.
8. Add the butter beans and cook for 5–7 minutes, keeping the heat low to medium.
9. Remove the thyme and bay. Using the back of a wooden spoon, gently crush a small portion of the beans against the side of the pan to thicken the liquid while keeping some of the beans whole.
10. Stir in the cream, mix well and allow to simmer for 1 minute. If using nutmeg, add a very small pinch.
11. Remove the pan from the heat. Add the lemon zest and 1 tbsp lemon juice, stir and taste, then add up to ½ tbsp more lemon juice if needed. Adjust the seasoning with sea salt if required.
12. Spoon one third of the bean mixture into the centre of a wide pasta plate. Arrange three cabbage wedges on top, drizzle any remaining paprika oil around the cabbage, add a small amount of corn greens, and finish with the seed powder. Serve warm.

PER SERVING • estimated

~370 kcal • Protein ~7.5g • Fat ~22.5g • Carbs ~33.5g • Fibre ~11.5g