RECIPE IDEAS
PAUL MCLAUGHLIN’S REGULAR BOX -
SPICY CHILLI BEAN RAGOUT WITH
POTATO WEDGES

Ingredients

- 250 g new potatoes
- 60 g red onion
- 200 g passata
- Salt & pepper to taste
- 60 g carrot
- 80 g mixed beans
- 1 garlic clove
- 750 ml milk
- 80 g yellow pepper
- 80 ml oil

Directions

1. Cut the potatoes in quarters and place in a large bowl and add 60 ml of the oil, a pinch of salt and mix well.
2. Place on a tray and cook in the oven set at 180°C for 20 mins until golden.
3. Peel and grate the garlic.
4. Finely chop the red chilli.
5. Peel the carrot and finely chop.
6. Peel the onion and finely chop.
7. Finely chop the yellow pepper.
8. Drain the mixed beans.
9. Heat a large pot add 20 ml oil.
10. Add the onion, chilli, garlic, carrot, and cook for 5 minutes over a medium heat.
11. Add the peppers and cook for a further 2 minutes.
12. Add the passata and the mixed beans and cook for 4 minutes until simmering.
13. Season to taste.
14. Serve the wedges on a large plate and top with the chilli bean ragout - enjoy!