

WHITE BEAN STEW WITH FETA & POACHED EGG

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COOK TIME: 20mins

SERVES: 2

CALORIES: 441 kcal (PER SERVING)

INGREDIENTS

1 can (400g/14 oz) white beans, drained
1 shallot, finely chopped
1 garlic clove, minced
3 tbsp olive oil
1/2 cup/100 ml vegetable stock
1/2 tsp cumin seeds
1/2 tsp dried thyme
1/4 tsp dried coriander
1 tsp lemon juice
1 tsp chopped parsley
sea salt + black pepper

*TO FINISH

2 poached eggs
2 tbsp crumbled feta
chopped chives
black sesame
chili flakes
2 thick slices of sourdough bread

DIRECTIONS

In a saucepan, heat the olive oil and cook the shallot and garlic until soft. Add the beans, cumin, thyme and coriander. Season with salt and pepper, cook for 2 or 3 minutes, stirring occasionally.

Add the vegetable stock, lemon juice and chopped parsley, simmer for 10 minutes.
Season with salt and pepper to taste.

In the meantime, prepare the poached eggs. Fill a saucepan with 1/3 water, add a good splash of vinegar and bring to a boil. Break each egg separately in a coffee cup. Turn down the heat and keep the water just below the boiling point.

Pour the first egg very carefully into the water, start pouring as soon as the cup touches the water. Repeat this with the second egg, and cook on a very low heat for 4 minutes. Carefully fish out the poached eggs with a slotted spoon, place on a plate lined with kitchen paper. Cut away any loose egg whites.

Transfer beans into bowls, serve with feta and poached eggs. Sprinkle with chives, sesame and chili flakes. Serve with a thick slice of sourdough bread. Enjoy!

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