



## RECIPE OF THE WEEK: 21/11/2022

### Hirino Me Fasolia (Pork with Haricot Beans)

This is a rich and delicious dish which will satisfy your hunger, especially in the cold winter months.

It is a healthy meal because haricot beans have high levels of fibre and they are rich in protein, folate, magnesium, vitamin B6 and iron.

#### Ingredients (Serves 4)

250g dried haricot beans or canned beans  
3 tbsp olive oil  
3 medium onions, sliced  
2 garlic cloves, crushed  
1kg lean pork from the neck, shoulder or leg, cut into 2cm cubes  
500g ripe tomatoes, skinned, de-seeded and finely chopped or 400g canned tomatoes  
2 tbsp tomato puree  
3 carrots, finely chopped  
3 celery sticks, finely chopped  
2 bay leaves  
1 tsp thyme, leaves only, finely chopped  
1 litre vegetable stock or water  
sea salt and freshly ground black pepper



#### To garnish

a small bunch of fresh flat-leaf parsley, finely chopped

#### Method

1. Soak the haricot beans overnight in a bowl of cold water. Rinse and strain them before using. Cover the beans with cold water and cook for 35 minutes or until slightly soft. If using a can of beans, drain and then rinse under running cold water.
2. On a medium heat, heat the oil in a large saucepan and fry the onions for 3 minutes or until golden. Add the garlic and fry for 1 minute. Add the meat and fry all the ingredients together for about 5 minutes, stirring occasionally.
3. Stir in the tomatoes, tomato puree, carrots, celery, bay leaves and thyme and pour in the vegetable stock or water. Cover and cook for a 45 minutes.
4. Add the beans, season with salt and pepper and cook for a further 40-45 minutes or until the beans are soft and the liquid thickens.
5. Ladle into deep plates and garnish with chopped flat-leaf parsley. Serve with plenty of crusty bread and a crispy green salad.