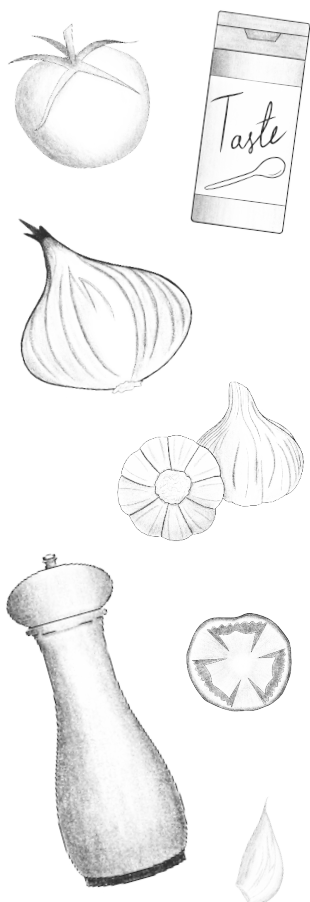


Bean Cassoulet

Serves four
Suitable for freezing (but
remove bread topping)



Ingredients:

2 large leeks
2 clove garlic
1 tbsp olive oil
250g cherry tomatoes, halved
400g tin chopped tomatoes
400g tin cannellini beans
400g tin coconut milk
Salt, pepper
1 tsp each of fennel seeds, ground coriander, and chopped
parsley
4 slices seeded sliced bread
Olive oil to drizzle

Method:

Finely chop leek and garlic. Fry gently in oil for 5 mins. Add all the tomatoes and beans, then pour over the coconut milk.

Finally stir in the fennel seeds, coriander and chopped parsley and season. Pour into a large oven proof dish. Diagonally cut each slice of bread giving you eight pieces and cover the top of the mixture. Drizzle with olive oil. Bake in oven Gas mark 4 or 180 degrees for 25 mins until topping is crunchy and golden.

Serve with broccoli spears.

**To donate to this year's Lent appeal for
Christian Aid:**

<https://www.justgiving.com/fundraising/gladsmuir-and-longniddry-churches>