
Stew with fava beans and crispy bacon

What do you need ?

- 200 g salted bacon, in slices
- 400 g dried fava beans
- 250 g young spinach
- 400 g canned tomato cubes
- 200 ml chicken broth
- 1 onion
- 1 bulb of garlic
- ½ teaspoon cumin powder
- ½ teaspoon coriander powder
- ½ teaspoon chili flakes

Additional

- fresh parsley
- olive oil
- salt

How do you prepare it ?

1

Soak the beans overnight. Peel the beans.

2

Preheat the oven to 190°C. Cut the top tip of the garlic bulb and separate the cloves slightly. Place the bulb on a baking sheet, drizzle with olive oil, and put in the oven for 30 minutes. Let cool.

3

Put the fava beans in a pot with water and bring to the boil. Cook for 15 minutes or until the beans are soft. Drain.

4

Peel and finely chop the onion. Heat a dash of olive oil and fry the onion over low heat until glassy. Press the roasted garlic bulb over the onion and cook for 1 minute.

5

Add the cumin, coriander, chilli flakes, tomato cubes, chicken broth and a pinch of salt and simmer for 20 minutes.

6

Cut the bacon rashers into strips and fry them in a non-stick pan without fat until crispy.

7

Add the cooked beans and spinach to the stew. Let the spinach shrink and serve with the fried strips of bacon. Garnish with fresh parsley.

