



Sausage, Root and Chickpea Stew

Ingredients

2 tbsp rapeseed oil	1 squash cubed
25g creamed coconut	1 litre well flavoured chicken carcass stock
2 tbsp korma paste	1 large tin plum tomatoes
2 leeks chopped	1 large tin chickpeas
½ swede cubed	2 tbsp tomato paste
3 large carrots cubed	8 large butchers pork sausages

Method

Gently brown sausages and meanwhile in another pan sweat root vegetables, squash and leeks in oil for 2-3 mins. Add korma paste and creamed coconut; stir to combine. Add stock, tomatoes and tomato paste and put on low heat for 50 mins (or alternatively in fan oven at 160C) until the roots are tender.

A matter of taste, but at this point I smash some of the vegetables to give the stew natural thickness. Add chickpeas and sausages (each of which have been cut into three) and cook for a further 20 mins. Serve with green vegetable and a baguette.