



Chef Conor Spacey

## Ingredients:

### Casserole:

1 splash rapeseed oil  
1 medium onion medium diced  
2 whole carrots sliced  
3 gloves garlic chopped  
5g cinnamon ground  
2g cumin ground  
5g coriander ground  
2g chilli flakes  
A pinch fine sea salt  
1 litre vegetable broth  
1 tin of chopped tomatoes  
180g uncooked green lentils  
250g of cooked beans (here I'm using chickpeas, black beans and cannellini beans)  
½ Lemon

### Bread Hummus:

Stale loaf of white bread torn into 1 inch-ish sized chunks  
3 large cloves fresh garlic, sliced  
120ml rapeseed oil  
4 Tbsp. wine vinegar  
2 tbsp tahini  
Water from the chickpeas  
Salt to taste

### Carrot Top Pesto:

1 peeled clove garlic  
½ a freshly-squeezed lemon and rind  
carrot tops from 1 large bunch of carrots (remove the thick stalks and chop them separately)  
small bunch of fresh mint leaves or basil leaves  
4 scallions (spring onions)  
2oz of nuts  
3tbsp rapeseed oil

Preparation time: 10 min

Cooking time: 30 min

Serves: 6 people

## Lentil & bean casserole with bread hummus & carrot top pesto

Chef Conor's lentil & bean casserole with bread hummus & carrot top pesto is delicious at any time of year! Combining chickpeas, green lentils, cannellini beans and black beans, it is packed full of nutritious, tasty fresh ingredients, that are readily available in many locations. Bringing together Chef Conor's love of vegetables, together with his 'zero waste' cooking philosophy and his love of good food for all, this dish is sure to tempt the taste buds.

## Method:

### Bean Casserole

- Heat a heavy pot and add the rapeseed oil. Add the onions and cook for 5 minutes until soft. Add all the spices, salt and garlic and cook for another 2 minutes.
- Pour in the broth, chopped tomatoes and lentils. Bring to a boil and add the carrots then turn to medium heat and simmer for 20 minutes. Add the cooked beans and cook for another 10 minutes. Remove from heat and squeeze ½ a lemon over the stew.
- Pour into soup bowls then garnish with carrot top pesto and a spoon of Skordalia.

### Bread Hummus

- Place the bread into a food processor and blend into crumbs then add the garlic and tahini and slowly add the oil, vinegar and water until it becomes a paste, season with salt.

### Carrot Top Pesto

If you're lucky enough to have access to a farmer's market, you'll see lovely bunches of fresh whole carrots (including the delicious tops), and now more and more supermarkets are starting to sell them. This also gives you more for your money, as the tops are delicious in salads, pastas and spread on top of warm bread. Here is a simple recipe for a pesto that is a great condiment in any kitchen.

- Blanch the carrot tops and stems. Bring a pot of salted water to the boil. Have a bowl with ice cubes and cold water in it ready. Once boiling, add the carrot tops and chopped stems to the pot. Cook for 3 minutes or until bright green and tender. Remove from the pot, drain the hot water, and add the carrot tops and stems to the ice cube bowl to stop the cooking process.
- Remove the carrot tops and stems from the cold water, squeeze out any excess liquid, and spread them on a chopping board to dry slightly.
- Add all of the remaining ingredients (except the oil) into your kenwood food processor. Blend into chunky paste. Add the rapeseed oil a little at a time until all is combined. Season to taste with salt, pepper.
- Store the pesto in the fridge in an upcycled jar.