

## Simple courgette and bean stew

*This is my go-to meal if I am in a rush as its super yummy, quick and budget friendly! Enjoy on its own, with some cous-cous or with chunky sourdough bread...*

**Serves 2**

### Ingredients

- 1 tbsp olive oil
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1 small courgette, sliced into rounds
- 400g tinned chopped tomatoes
- 200ml coconut milk, (just scoop out the creamiest bit at the top)
- 400g tin cannellini beans, drained and rinsed (chickpeas would also work)
- Handful of spinach
- Salt

1. Heat the oil in a saucepan and add the onion, garlic and courgette with a pinch of salt. Cook until the onion softens.
2. Add the tomatoes and coconut milk and simmer for 10 mins, stirring regularly as the sauce thickens.
3. Add the cannellini beans and cook for a further 5 minutes
4. Add the spinach in and allow it to wilt just before serving
5. Enjoy!