

Veggie Feijoada

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 160 g basmati rice
- 200g sweet potato, peeled and chopped into bite sized chunks.
- 2 red onions, peeled and cut into wedges
- 2 cloves of garlic, peeled and minced
- 1 red capsicum, halved, deseeded and roughly diced
- 1 zucchini, halved and sliced on an angle
- Olive oil
- ½ tin of kidney beans, reserve the juice.
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- Salt and pepper, to taste
- ½ bunch of fresh coriander, finely sliced leaves and stalks
- 4 ripe tomatoes, roughly chopped
- 50g natural yoghurt

Equipment:

- Metric measuring scales and spoons
- Cook's knife
- Chopping board
- Medium saucepan
- Strainer
- Small saucepan
- Large frypan
- Wooden spoon
- Measuring jug
- Serving platter

Method:

1. Place the rice into a medium saucepan, cover with cold water, then place over a medium heat. Bring to the boil, then turn down the heat to simmer gently for 12-15 minutes or until just cooked.
2. Drain over the sink with a sieve, then place sieve over the warm pan. Season with a little sea salt and black pepper, cover with a lid and set aside off the heat.
3. Meanwhile, fill a small saucepan with water, place over a medium heat and bring to the boil. Add chopped sweet potato to the boiling water. Cook with the lid on for 5 minutes, or until tender. Drain and set aside.
4. Separate the wedges of onion into petals and prepare all other ingredients as listed above.

Veggie Feijoada

Bialik College Kitchen Garden Program



Bialik College

5. Drizzle 1 tablespoon of olive oil into a large frying pan over medium-high heat. Add the tender sweet potato, onions, capsicum and zucchini. Cook for 8 minutes, or until softened but charred and gnarly on the outside.
6. Drain the beans, but reserve the juice. Add the bean to the hot frying pan and cook for another 2 minutes.
7. Add and stir through the garlic, ground coriander and paprika. Season well with salt and pepper and cook for 3 minutes or until sticky and combined.
8. Add roughly chopped tomatoes and their juices, chopped coriander stalks, the reserved liquid from the beans and 275mL water to the frying pan. Stir to combine.
9. Bring to the boil, then simmer for 5-10 minutes or until veggies are soft and sauce has thickened. Add an extra splash of water to loosen the sauce if it's too thick.
10. Season the veggie feijoada to taste and stir through most of the coriander leaves. Serve with the rice, a dollop of yoghurt and the reserved coriander scattered on top. Enjoy! 😊