

Hearty Tomato Stew with Grilled Zucchini

Ingredients

2 onions (for low fodmap omit or use green parts of spring onions)
½ leek (omit for low fodmap and use 1/3 celery stalk per person)
4 cloves garlic (omit for low fodmap diet)
2 carrots diced medium
1 red capsicum diced small
1 fennel (can use ½ cup per person for low fodmap or omit if don't like) sliced
½ stalk broccoli (can have ¼ cup per person or choose another vegetable instead - some suggestions are; spinach, silverbeet, beans, pumpkin, sweet potato or potato)
2 zucchini sliced in rounds
400g cooked cannelloni beans (omit for low fodmap - you can add ¼ cup of cooked canned lentils for low fodmap)

800g diced tomatoes
1 tsp fennel seeds
3 tsp cumin
2 tsp smoked paprika could add more
Up to a litre of water
1 cup green olives
Parsley garnish
Splash of olive oil plus 2 tbsp oil for chargrilling the zucchini
Salt and pepper
1 cup black rice soaked overnight or for a few hours (can also use brown rice or quinoa for a change)
¼ cup pepitas

Method

1. In a large wok or saucepan place the oil, onions, leek, garlic and celery (for low fodmaps you will add just the celery and maybe some green spring onions) fry for a minute or so then add the fennel seeds and cumin and fry for a further minute.
2. Add the tomatoes and 1 cup water. Put the lid on and bring to a boil then reduce to a simmer.
3. Leave for 10 minutes or until the tomatoes are broken down then add the red capsicum, lentils and potatoes or sweet potatoes if you have chosen those vegetables and cook for 5 minutes.
4. Add the broccoli and silverbeet and cook for a further 5 minutes.
5. Add the olives and turn off the heat.
6. Chargrill the zucchini by brushing salted olive oil on each slice of zucchini.
7. Reheat the stew and put in a serving bowl and top with chargrilled zucchini.

For rice and Pepitas

1. Place the rice with 1½ cups water and some salt in a saucepan and bring to the boil.
2. Turn to a low heat and cook for 20 minutes or until rice is tender.
3. Dry fry the Pepitas in a frying pan until they pop and sprinkle on the rice when serving.



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