

Less than 45 minutes

Serves 4

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Ingredients:

- 2 Tbsp (30ml) olive oil + extra for drizzling
- 2 onions, chopped
- 4 cloves garlic, sliced
- 1 packet (50g) tomato paste
- 2 cans (400g each) peeled and chopped tomatoes
- 2 Tbsp (30ml) Worcestershire sauce
- Salt and milled pepper
- Pinch sugar
- 1 can (400g) butter beans, rinsed and drained
- 1 can (400g) cannellini beans, rinsed and drained
- 1 can (400g) green beans or 1 packet (300g) fresh beans, cut into 4cm pieces
- 4 sprigs fresh thyme
- 4 sprigs fresh oregano
- 1 packet (100g) English spinach
- 2 discs (80g) plant-based or regular feta cheese
- Garlic bread, toasted

Method

COOK'S NOTE

Finishing it off in the oven adds a caramelised taste to the tomatoes, but you can also leave it on the stovetop to simmer on medium heat for 8-10 minutes.

1. Preheat oven to 200°C.
2. Heat oil in an ovenproof pan and sauté onion for about 8 minutes, until soft and golden.
3. Add garlic and tomato paste.
4. Cook until sticky.
5. Tip in canned tomatoes. Add Worcestershire sauce, seasoning and sugar, and simmer for 3-4 minutes.
6. Add all beans and herbs and stir to combine evenly.
7. Bake in the oven for 10 minutes.
8. Stir through spinach and sprinkle with feta.
9. Drizzle feta with olive oil and bake for 10-15 minutes until sauce is thick and caramelised on the sides of the pan.
10. Serve beans with toasted garlic bread.

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