

Black Bean - Sweet Potato Hot Pot with Cornbread Topping

serves 6

hot pot;

2 x 400g tins of black beans
2 red onions, diced
3 cloves garlic, minced
extra virgin olive oil
1 stick celery, diced
1 sweet potato, peeled and diced
1 x 400g tin chopped tomatoes
sea salt
1 teaspoon ground cumin
1 teaspoon smoked paprika
dried oregano
tomato puree

cornbread topping;

100g extra virgin olive oil, or melted coconut oil
110g polenta (coarse cornmeal)
110g organic plain white flour
sea salt
1 and half teaspoons baking powder
1 tablespoon 100% maple syrup
250ml organic coconut milk
1 tablespoon organic cider vinegar
85g sweet corn
chilli flakes (optional)
fresh coriander (optional)

Make the hot pot. In a little extra virgin olive oil sauce the red onions. After 2 minutes add the garlic and celery and sauté for another minute. Add the sweet potato, tinned tomatoes, sea salt, cumin, smoked paprika, a good pinch dried oregano along with a half tin of water. bring the mix to a boil, place a lid on top, lower the heat to a simmer and cook for 15 minutes, until the vegetables are tender.

Remove the pot from the heat and stir in rinsed black beans, 1 tablespoon of tomato puree. Stir well and season with salt.

Pour the hot pot into a 23cm oven dish (lasagne dish).

Make the cornbread topping. Heat the oven to Gas 6/200 C/400 F.

Pour the extra virgin olive oil into a large mixing bowl, and add the polenta, white flour, pinch of sea salt, baking powder, maple syrup, and whisk well. Add the coconut milk, and cider vinegar and whisk again.

Stir in the sweetcorn, and the coriander if using. Spoon the cornbread mixture onto the hotpot and spread it out to the edges. It doesn't have to be too even. Sprinkle with chilli flakes if using and place in the middle of the pre heated oven for 30 minutes until set.