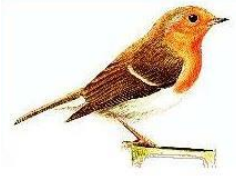


BRIDPORT and DISTRICT ALLOTMENTS SOCIETY

Centre for Local Food,
Unit 17, St Michael's Trading Estate, Foundry Lane,
Bridport DT6 3RR
01308 250260

Email: bridportallotmentsociety@gmail.com
www.bridportallotmentsociety.co.uk



Scafata – Spring Vegetable Stew



Prep 15 mins, Cook 40 mins, Serves 4/6

100ml Olive oil
Bunch of spring onions
2 sticks celery
200g fresh or frozen broad beans
400g cherry tomatoes (halved)
2 large potatoes (peeled and diced)
Jar of artichoke hearts
200g chard or spinach (washed & chopped)
Oregano
Basil

Warm the olive oil in a large, heavy-based pan and gently fry roughly chopped spring onions and thinly sliced celery with a pinch of salt until translucent and soft (about 10 minutes).

Add broad beans, cherry tomatoes, potatoes, artichokes and good pinch oregano and stir for a minute or two.

Pour in 500ml water or vegetable stock, half cover with a lid and simmer for 20 minutes.

Add the spinach/chard and simmer for a further 20 minutes or until the vegetables are soft and there is just a little liquid around them.

Taste for salt and add a big handful of ripped basil.

It will benefit from a rest so that the flavours can come together.

Good served with soft cheese or ricotta.