

One-pot Vegetable Stew

Prepare a selection of your favourite veg into bite-sized pieces. And two onions.

In a lidded frying pan, gently fry the diced onion until it is soft and golden. Add finely chopped garlic if you like (but go gentle on the heat if you do. Burnt garlic is the WORST.).

Over the next half hour, add the vegetables to the frying pan in order of how long they take to cook (potatoes first, then carrots, then Jerusalem artichokes, then greens, then peas).

To a small tub of crème fraiche, add flavourings – soy sauce, curry powder, chilli sauce, a dash of vinegar, salt, pepper for example.

When the vegetables are all done, add enough of the crème fraiche to coat them, and continue to heat until the sauce is warmed through. If you've used potatoes in your mix, you are ready to go!