

# Harissa Stew with Smoked Paprika Cheddar Dumplings

*Serves 4 as a main course.*



## ***Stew Ingredients***

*1 tbsp sunflower oil  
1 onion, chopped  
4 celery sticks, thickly sliced  
250g butternut squash and sweet  
potato  
1 tsp smoked paprika  
1 tin of plum tomatoes  
1 tsp [Red Chilli Harissa](#)  
[Cumin and Coriander Olives](#)  
[Lilliput Capers](#)  
2 large courgettes, halved lengthways  
and thickly sliced  
400g cannellini beans, drained  
1 vegetable stock cube*

## ***For the dumplings***

*25g butter, diced  
200g self-raising flour  
1 tsp baking powder  
75g [Smoked Paprika Cheddar](#)  
100ml milk*



Preheat the oven to 200 /180c/gas 6

Heat the oil in a large wide-topped casserole dish, then fry the onion and celery until softened and starting to colour. Add the squash, sweet potato and smoked paprika, and fry for a few minutes

Tip in the tomatoes and a tin of water, then stir in the [Red Chilli Harissa](#), courgettes, [Cumin and Coriander Olives](#), [Lilliput Capers](#), and cannellini beans and crumble in the stock. Cover and simmer until the vegetables are almost tender.

Meanwhile, rub the butter into the flour and baking powder with a good pinch of salt, then mix in the [Smoked Paprika Cheddar](#).

When the stew is ready, pour the milk into the dumpling mix, combining it to make a dough. Turn out onto your work surface (no need to flour it), lightly shape it into a sausage and cut into 8 equal pieces.

Place the dumplings, evenly spaced on top of the stew and bake in the oven for 15-20 mins until golden and cooked through.

This also works well with [Smoked Welsh Dragon Sausage](#) for a meaty alternative.