

poker online 777 - Apostas Esportivas: Maximizando Seus Ganhos com Estas Dicas Profissionais:bet20 app download

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Autumn has arrived, and we are greeted by an abundance of squashes, root vegetables, and dark-leaved greens. As the evenings get colder, hearty and comforting ingredients like pulses become increasingly appealing. Lentils, in particular, offer great value and can make any main meal more satisfying. Brown lentils are a popular choice, either canned or dried. If using dried lentils, soaking them first can reduce cooking time. Butter beans are another excellent option, known for their texture and body, making them the "kings of beans" in my opinion.

Stuffed Squash with Lentils (pictured top)

Canned lentils are a convenient staple for quick meals, but dried lentils can also be used. Replace the can with 200g of dried lentils soaked in 600ml of water or vegetable stock, and adjust cooking time accordingly. You may choose to omit the lardons for a vegetarian version. Select your preferred squash variety, such as acorn, kabocha, harlequin, or red kuri. Cut the squash into rounds or halves, remove seeds, and season with salt, pepper, and olive oil. Roast in the oven until tender.

Prep: 20 min Cook: 1 hr 30 min Serves: 4

5 tbsp light olive oil

100g lardons, free-range (optional)

2 medium onions, peeled and sliced

Sea salt and black pepper

1 leek, trimmed, cut in half lengthways, then finely sliced and washed

3 sticks celery, trimmed, washed and finely sliced

2 carrots, peeled, cut in half lengthways, then cut into fine half-moons

3 garlic cloves, peeled and thinly sliced

2 heaped tbsp tomato paste, or 200ml passata

410g tin green lentils, undrained

1 sprig each thyme and rosemary, and 1 bay leaf (or whatever you have to hand)

2 tbsp sherry vinegar

200ml vegetable stock

1 small-medium squash (about 800g), unpeeled, cut into 2cm-thick rounds and deseeded

Baked Butter Beans with Chermoula

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Chermoula is a fragrant north African herb sauce often paired with grilled fish or used as a marinade. This dish features butter beans, which have a rich flavor and thick, gelatinous juice. Warm the beans in the oven, then pour off the liquor to use later. Serve with grilled flatbreads and halloumi, if desired.

Prep: 20 min Cook: 50 min Serves: 4

For the chermoula

1 heaped tsp cumin seeds

1 generous handful flat-leaf parsley , thicker stalks removed and discarded, leaves and tender stalks roughly chopped

1 generous handful coriander , roughly chopped, stalks and all

5 garlic cloves , peeled and roughly chopped

1 red chilli , pith and seeds removed and discarded, flesh roughly chopped

1 tsp smoked paprika

½ lemon , juiced, then peeled and zest finely chopped

Salt

90ml light olive oil

For the beans

600g tinned or jarred butter beans , warmed up in their juices, then strained to reserve the liquid

12 small new potatoes , washed and halved

2 red onions , peeled, halved and each half cut into 4

400g tinned cherry tomatoes , juice strained off and reserved

225g jarred roast red peppers (ie half a standard jar), drained and cut into bite-sized pieces

A série de derrotas Chicago é a mais longa desde que o Baltimore Orioles abriu 1988 com 21 perdas consecutiva, e eles seguem apenas os Philadelphia Phillie. Eles estabeleceram um recorde da Liga Nacional moderna depois do fim dos 23 anos consecutivos no ano 1961 ndice 1 "Nós falamos sobre isso todos os dias", disse o gerente do White Sox Pedro Grifol. "Todo mundo sabe qual é, 21 uma fileira e não presta para nada de divertido... É doloroso! Dói muito bem que você queira descrever tudo isto mesmo".

"Como eu disse, não é por falta de esforço. Ninguém quer vir aqui e perder então temos que colocar um bom jogo juntos para trás."

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