



Creamy Italian White Bean Pie

with Garlicky Greens & Flaked Almonds

WINTER WARMERS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Green Beans



Garlic



Cannellini Beans



Soffritto Mix



Garlic & Herb Seasoning



Light Cooking Cream



Vegetable Stock Pot



Baby Spinach Leaves



Shredded Cheddar Cheese



Flaked Almonds



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart*
*Custom Recipe is not Calorie Smart

Get more out of your beans by whacking them into the oven and making them into a pie. In this inventive number, the beans act as your typical meaty filling and work wonders when paired with hidden veggies and a cheesy mash to top things off!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
cannellini beans	1 packet	2 packets
soffritto mix	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	2 packets (40g)
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
shredded Cheddar cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2472kJ (591Cal)	384kJ (92Cal)
Protein (g)	26.5g	4.1g
Fat, total (g)	24.7g	3.8g
- saturated (g)	12.7g	2g
Carbohydrate (g)	56.8g	8.8g
- sugars (g)	15.2g	2.4g
Sodium (mg)	1485mg	231mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2860kJ (684Cal)	415kJ (99Cal)
Protein (g)	33.4g	4.8g
Fat, total (g)	31.4g	4.6g
- saturated (g)	15.2g	2.2g
Carbohydrate (g)	57.6g	8.4g
- sugars (g)	15.7g	2.3g
Sodium (mg)	1916mg	278mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Make the mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to potato and season generously with **salt**. Mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Bake the pie

- Transfer **bean filling** to a medium baking dish and spread **mashed potato** over the top.
- Sprinkle with **shredded Cheddar cheese**. Grill until golden, **5-10 minutes**.



Start the filling

- While potato is cooking, preheat grill to high.
- Trim **green beans**. Finely chop **garlic**. Drain and rinse **cannellini beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix**, stirring occasionally, until softened, **4-5 minutes**.
- Add **cannellini beans**, **garlic & herb seasoning** and half the **garlic**, and cook until fragrant, **1 minute**.

Custom Recipe: If you've added diced bacon, cook diced bacon with the soffritto mix, breaking bacon up with a spoon, 4-5 minutes. Continue as above.



Cook the greens

- While pie is grilling, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Season.



Finish the filling

- Stir in **light cooking cream**, **vegetable stock pot** and the **water** and simmer until thickened, **2-3 minutes**.
- Remove from heat and stir in **baby spinach leaves** until just wilted. Season to taste.



Serve up

- Divide creamy Italian butter bean pie and garlicky greens between plates.
- Sprinkle over **flaked almonds** to serve. Enjoy!

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