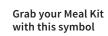


Middle Eastern-Style Cannellini Bean Bowl with Coconut Yoghurt & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR











Long Chilli (Optional)



Cannellini Beans



Chermoula Spice



Blend



Passata



Garlic & Herb

Seasoning



Mini Flour Tortillas



Baby Spinach



Coconut Yoghurt

Parsley

Pantry items



Prep in: 20-30 mins Ready in: 25-35 mins

Calorie Smart*



Smart

Plant-based or Calorie

When you simmer hearty cannellini beans with subtly sweet veggies, garlicky tomatoes and our chermoula spice blend, the result is pretty magical. Serve with quick pickled chilli for a touch of heat, a coconut yoghurt for creaminess, and of course oven baked tortilla chips for crunch, and scooping!

Recipe Update

Unfortunately, this week's chickpeas were in short supply, so we've replaced them with cannellini beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

> Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

ingi caici ico				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
celery	1 medium bag	1 large bag		
long chilli ∮ (optional)	1/2	1		
cannellini beans	1 box	2 boxes		
white wine vinegar*	2 tbs	¼ cup		
chermoula spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
passata	1 box	2 boxes		
plant-based butter*	20g	40g		
brown sugar*	1 tsp	2 tsp		
mini flour tortillas	6	12		
baby spinach leaves	1 small bag	1 medium bag		
plant-based coconut yoghurt	1 medium packet	1 large packet		
parsley	1 bag	1 bag		
beef mince**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2642kJ (631Cal)	442kJ (106Cal)
Protein (g)	21.3g	3.6g
Fat, total (g)	21.4g	3.6g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	78.4g	13.1g
- sugars (g)	17.8g	3g
Sodium (mg)	1722mg	288mg
Overhains Destine		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3587kJ (857Cal)	496kJ (119Cal)
Protein (g)	48.8g	6.8g
Fat, total (g)	34.2g	4.7g
- saturated (g)	13.1g	1.8g
Carbohydrate (g)	78.4g	10.9g
- sugars (g)	17.8g	2.5g
Sodium (mg)	1797mg	249mg

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





Get prepped

- Preheat oven to 200°C/180°C fan-forced.
- Finely chop carrot and celery.
- Thinly slice **long chilli** (if using).
- Drain and rinse cannellini beans.
- In a small bowl, combine the white wine vinegar and a good pinch of sugar and salt. Add chilli and set aside.



Bake the tortilla chips

- While the cannellini beans are simmering, slice mini flour tortillas into quarters.
- Divide tortillas between two lined oven trays (don't worry if they overlap).
 Drizzle with olive oil, season with salt and toss to coat. Bake until lightly golden and crispy, 8-10 minutes.
- Meanwhile, stir baby spinach leaves through the slightly thickened cannellini beans.
- Lightly mash cannellini beans. Remove from heat. Season to taste.



Start the cannellini beans

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 Cook carrot and celery, stirring, until tender, 5-6 minutes.
- Add cannellini beans, chermoula spice blend and garlic & herb seasoning and cook until fragrant, 2 minutes.
- Reduce heat to medium, then add passata, the plant-based butter and the brown sugar. Simmer, stirring, until slightly thickened, 4-5 minutes.

Custom Recipe: If you've added beef mince, cook beef with the veggies, breaking it up with a spoon, until browned, 5-6 minutes. Drain the oil from the pan, then continue with the step.



Serve up

- Drain pickled chilli.
- Divide Middle Eastern-style canellini beans between bowls.
- Top with pickled chilli and a dollop of plant-based coconut yoghurt. Tear over parsley.
- Serve with tortilla chips. Enjoy!