

# Middle Eastern-Style Cannellini Bean Bowl

with Coconut Yoghurt & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Celery



Long Chilli (Optional)



Cannellini Beans



Chermoula Spice Blend



Garlic & Herb Seasoning



Passata



Mini Flour Tortillas



Baby Spinach Leaves



Plant-Based Coconut Yoghurt



Parsley



Beef Mince

### 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!

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



Plant Based\*

\*Custom Recipe is not Plant-based or Calorie Smart



Calorie Smart\*

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!

**CUSTOM RECIPE**

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

### Pantry items

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

|  | 2 People        | 4 People                              |
|--|-----------------|---------------------------------------|
| <b>olive oil*</b>  | refer to method | refer to method                       |
| carrot   | 1               | 2                                     |
| celery   | 1 medium bag    | 1 large bag                           |
| long chilli  (optional) | ½               | 1                                     |
| cannellini beans   | 1 box           | 2 boxes                               |
| <b>white wine vinegar*</b>   | 2 tbs           | ¼ cup                                 |
| chermoula spice blend  | 1 medium sachet | 2 medium sachets<br>OR 1 large sachet |
| garlic & herb seasoning  | 1 medium sachet | 2 medium sachets<br>OR 1 large sachet |
| passata  | 1 box           | 2 boxes                               |
| <b>plant-based butter*</b>   | 20g             | 40g                                   |
| <b>brown sugar*</b>  | 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<br>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          |

### 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](https://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 cannellini beans between bowls.
- Top with pickled **chilli** and a dollop of **plant-based coconut yoghurt**. Tear over **parsley**.
- Serve with tortilla chips. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)