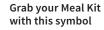


One-Pot Mediterranean Bean Stew

with Basil Pesto, Garlicky Dippers & Rocket-Pear Salad

NEW

CLIMATE SUPERSTAR













Garlic





Tomato & Herb



Tomato Sugo

Soffritto Mix

Seasoning



Bake-At-Home Ciabatta



Rocket Leaves



Basil Pesto



Cheddar Cheese



Flaked Almonds



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

Eat Me Early* *Custom Recipe only Veggies are aplenty in this bean stew. This warming dish is like a hug in a bowl and is the perfect concoction for garlicky dippers to scoop up. Sometimes only a stew will do.

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 saucepan

Ingredients

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
cannellini beans	1 packet	2 packets		
pear	1	2		
garlic	3 cloves	6 cloves		
soffritto mix	1 medium bag	1 large bag		
tomato & herb seasoning	1 sachet	2 sachets		
tomato sugo	1 packet	2 packets		
water*	⅓ cup	⅔ cup		
brown sugar*	½ tsp	1 tsp		
bake-at-home ciabatta	1	2		
butter*	20g	40g		
rocket leaves	1 small bag	1 medium bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
basil pesto	1 packet	2 packets		
Cheddar cheese	1 medium packet	1 large packet		
flaked almonds	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3078kJ (736Cal)	549kJ (131Cal)
Protein (g)	27.7g	4.9g
Fat, total (g)	31.4g	5.6g
- saturated (g)	10.2g	1.8g
Carbohydrate (g)	74.6g	13.3g
- sugars (g)	19.9g	3.6g
Sodium (mg)	2329mg	416mg
Custom Basins		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3831kJ (916Cal)	528kJ (126Cal)
Protein (g)	61.7g	8.5g
Fat, total (g)	36.2g	5g
- saturated (g)	11.7g	1.6g
Carbohydrate (g)	74.6g	10.3g
- sugars (g)	19.9g	2.7g
Sodium (mg)	2413mg	333mg

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 & start the beans

- Drain and rinse cannellini beans. Thinly slice pear into wedges. Finely chop garlic.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook soffritto mix and cannellini beans, stirring occasionally, until softened. 4-5 minutes.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Before cooking the soffritto mix and cannellini beans, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate. Continue as above.



Make the garlic dippers

- Meanwhile, slice bake-at-home ciabatta into slices. Toast or grill ciabatta to your liking.
- In a small heatproof bowl, microwave the butter and remaining garlic in 10 second bursts, until melted and fragrant.
- Brush garlic butter over ciabatta. Season.



Finish the beans

- Add tomato & herb seasoning and half the garlic to the pan, cook until fragrant, 1 minute.
- Stir in tomato sugo, the water and the brown sugar and simmer until thickened. 2-3 minutes.

Custom Recipe: Stir in cooked chicken with tomato sugo, the water and the brown sugar.



Serve up

- In a medium bowl, combine rocket leaves, pear, a drizzle of the vinegar and olive oil. Season.
- Divide Mediterranean bean stew, rocket salad and garlic dippers between bowls.
- Top with basil pesto, Cheddar cheese and flaked almonds to serve. Enjoy!

Rate your recipe

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