



One-Pot Mediterranean Bean Stew

with Basil Pesto, Garlicky Dippers & Rocket-Pear Salad

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Cannellini Beans



Pear



Garlic



Soffritto Mix



Tomato & Herb Seasoning



Tomato Sugo



Bake-At-Home Ciabatta



Rocket Leaves



Basil Pesto



Cheddar Cheese



Flaked Almonds



Chicken Breast

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.

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

Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)

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

	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*	½ cup	½ 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 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



1



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.

3



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.

2



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.

4



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!

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