



White Bean & Roast Veggie Stew

with Plant-Based Pesto & Garlicky Croutons

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Capsicum



Zucchini



Tomato



Cannellini Beans



Garlic



Bake-At-Home Ciabatta



Nan's Special Seasoning



Garlic & Herb Seasoning



Passata



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based Basil Pesto



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart[^]

Plant Based[^]
[^]Custom Recipe is not Plant Based or Calorie Smart

Eat Me Early*
*Custom Recipe only

Roasted veg topped with two of our trusty seasonings, adds a rich and caramelised depth of flavour to this vibrant plant-based stew. Top it off with croutons for some crunch, and a dollop of bright and herby basil pesto to tie everything together.

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

Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter

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

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
tomato	1	2
cannellini beans	1 packet	2 packets
garlic	2 cloves	4 cloves
bake-at-home ciabatta	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
brown sugar*	½ tbs	1 tbs
plant-based butter*	20g	40g
baby spinach leaves	1 small bag	1 medium bag
plant-based basil pesto	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)	2584kJ (618Cal)	378kJ (90Cal)
Protein (g)	23.9g	3.5g
Fat, total (g)	21.5g	3.1g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	72.6g	10.6g
- sugars (g)	18.8g	2.7g
Sodium (mg)	2024mg	296mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3336kJ (797Cal)	393kJ (94Cal)
Protein (g)	57.8g	6.8g
Fat, total (g)	26.2g	3.1g
- saturated (g)	4.4g	0.5g
Carbohydrate (g)	72.6g	8.6g
- sugars (g)	18.8g	2.2g
Sodium (mg)	2108mg	248mg

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **capsicum** into large chunks. Thickly slice **zucchini** into half-moons. Cut **tomato** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Start the stew

- When the veggies have **10 minutes** remaining, heat a large saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **cannellini beans**, stirring occasionally, until starting to brown, **3-4 minutes**.
- Add **Nan's special seasoning, garlic & herb seasoning, passata, vegetable stock powder, the water, brown sugar and plant-based butter**. Cook, stirring, until slightly thickened, **2-3 minutes**.

Custom Recipe: Heat pan as above. Before cooking the cannellini beans, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue as above.

2



Get prepped

- Meanwhile, drain and rinse **cannellini beans**.
- Finely chop **garlic**.
- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

5



Finish the stew

- Add **roasted veggies** and **baby spinach leaves** to the saucepan. Cook, stirring, until spinach is just wilted, **1 minute**.
- Season with **pepper** to taste.

3



Bake the croutons

- Place **garlic** and **ciabatta** on a second lined oven tray. Add a generous drizzle of **olive oil** and a pinch of **salt**. Toss to coat.
- Bake until golden, **5-7 minutes**.

6



Serve up

- Divide white bean and roast veggie stew between bowls.
- Drizzle with **plant-based basil pesto**.
- Top with garlicky croutons to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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