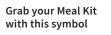


White Bean & Roast Veggie Stew with Plant-Based Pesto & Garlicky Croutons

EXPLORER

CLIMATE SUPERSTAR













Cannellini Beans





Bake-At-Home Ciabatta



Nan's Special



Seasoning

Seasoning



Passata



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based **Basil Pesto**





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







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.

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

9				
	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 Pacina		

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.



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.



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.



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.



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.



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.



Serve up

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

