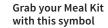


# Creamy Mediterranean Bean & Pesto Stew with Spinach & Garlic Ciabatta Dippers

CLIMATE SUPERSTAR















Cannellini Beans





Mediterranean Seasoning

**Light Cooking** 



Vegetable Stock



Bake-At-Home





Baby Spinach



**Basil Pesto** 





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

This one-pot wonder is sure to have you smiling from ear to ear. Mediterannean seasoned cannellini beans and veggies do the most by soaking up the creamy, pesto stew to perfection and you can thank us for the garlic dippers as well. We know you love to sink and dunk'em!

**Pantry items** Olive Oil, Plain Flour, 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

Large saucepan with a lid  $\cdot$  Oven tray lined with baking paper

# Ingredients

2 People	4 People
refer to method	refer to method
1	2
2 cloves	4 cloves
1 packet	2 packets
1 medium bag	1 large bag
1 sachet	2 sachets
½ tbs	1 tbs
1 medium packet	1 large packet
½ packet (10g)	1 packet (20g)
½ cup	1 cup
1	2
20g	40g
1 small bag	1 medium bag
1 packet	2 packets
1 packet (90g)	1 packet (180g)
	refer to method 1 2 cloves 1 packet 1 medium bag 1 sachet ½ tbs 1 medium packet ½ packet (10g) ½ cup 1 20g 1 small bag 1 packet 1 packet 1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3076kJ (735Cal)	542kJ (130Cal)
Protein (g)	24.6g	4.3g
Fat, total (g)	38.3g	6.7g
- saturated (g)	15.3g	2.7g
Carbohydrate (g)	63.1g	11.1g
- sugars (g)	12g	2.1g
Sodium (mg)	2020mg	356mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (828Cal)	<b>566kJ</b> (135Cal)
Protein (g)	31.5g	5.1g
Fat, total (g)	45.1g	7.4g
- saturated (g)	17.8g	2.9g
Carbohydrate (g)	63.8g	10.4g
- sugars (g)	12.5g	2g
Sodium (mg)	2450mg	400mg

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





# Cook the veggies

- · Cut zucchini into bite-sized chunks.
- Finely chop garlic.
- Drain and rinse cannellini beans.
- In a large saucepan, heat a drizzle of olive oil over high heat. Cook zucchini and soffritto mix, stirring occasionally, until softened 3-4 minutes.
- Add cannellini beans and cook, until softened, 1-2 minutes.

**Custom Recipe:** If you've added diced bacon, cook bacon with the zucchini and soffritto mix.



# Make the dippers

- Meanwhile, cut 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 ciabattas. Season with salt and pepper.



# Make it saucy

- Add Mediterranean seasoning, the plain flour and half the garlic and cook, stirring, until fragrant, 1 minute.
- Stir in light cooking cream, vegetable stock pot (see ingredients) and the water.
- Reduce heat to medium, then cover with a lid and simmer, until thickened,
   2-3 minutes.



# Serve up

- Remove saucepan from heat, then stir through baby spinach leaves, until wilted. Season with pepper.
- Divide creamy Mediterranean bean stew between bowls. Top with basil pesto.
- · Serve with garlic ciabatta dippers. Enjoy!