

BBQ Cannellini Bean & Capsicum Bake

with Cheese, Jalapeños & Herby Garlic Bread

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Garlic



Parsley



Capsicum



Cannellini Beans



Soffritto Mix



All-American Spice Blend



Tomato Paste



Passata



BBQ Sauce



Baby Spinach Leaves



Cheddar Cheese



Bake-At-Home Ciabatta



Pickled Jalapeños (Optional)



Mild Chorizo



Diced Bacon

Prep in: 35-45 mins
Ready in: 40-50 mins

Eat Me First

These baked beans really live up to their name, both with their time in the oven where all the flavours mix and mingle into a moreish taste sensation, and with the gooey cheese, which you can mop up with the perfectly chewy ciabatta garlic bread.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
parsley	1 packet	1 packet
capsicum	1	2
cannellini beans	1 packet	2 packets
soffritto mix	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
passata	1 packet	2 packets
salt*	¼ tsp	½ tsp
BBQ sauce	1 packet	2 packets
water*	⅓ cup	⅔ cup
baby spinach leaves	1 medium packet	1 large packet
Cheddar cheese	1 large packet	2 large packets
bake-at-home ciabatta	1	2
butter*	30g	60g
pickled jalapeños (optional)	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3593kJ (859Cal)	486kJ (116Cal)
Protein (g)	31.4g	4.2g
Fat, total (g)	28.9g	3.9g
- saturated (g)	14g	1.9g
Carbohydrate (g)	107.4g	14.5g
- sugars (g)	29.3g	4g
Sodium (mg)	2338mg	316mg
Dietary Fibre (g)	24.9g	3.4g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**.
- Roughly chop **parsley**.
- Roughly chop **capsicum** into bite-sized chunks.
- Drain and rinse **cannellini beans**.



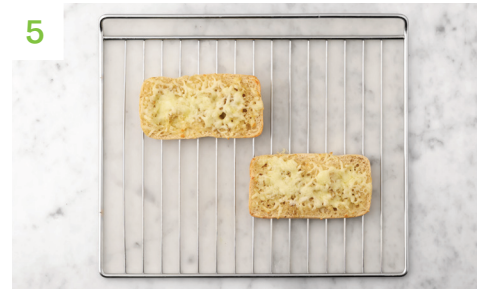
Bake the beans

- Transfer **bean mixture** to a baking dish.
- Sprinkle evenly with **Cheddar cheese**.
- Bake until thickened and cheese is melted, **10-12 minutes**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix** and **capsicum**, stirring, until softened, **6-7 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**.



Make the garlic bread

- Meanwhile, slice **bake-at-home ciabatta** in half, lengthways.
- Place the **butter** and remaining **garlic** in a small microwave-safe bowl. Microwave in **10 second** bursts until melted.
- Stir through half the **parsley**. Season with **salt** and **pepper**.
- Brush **garlic butter** over the cut-side of ciabatta slices. Place **ciabatta slices** directly on a wire rack in the oven. Bake until golden, **5 minutes**.



Add the beans & sauce

- Add **cannellini beans**, **All-American spice blend** and **tomato paste** to the pan. Cook until fragrant, **1 minute**.
- Add **passata**, the **salt**, **BBQ sauce** and the **water**. Cook, stirring, until well combined, **2-3 minutes**.
- Add **baby spinach leaves**, stirring until wilted. Season with **pepper**.



Serve up

- Divide BBQ cannellini bean and capsicum bake between bowls.
- Garnish with remaining parsley. Sprinkle with **pickled jalapeños** (if using).
- Serve with herby garlic bread. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

+ ADD MILD CHORIZO

Roughly chop. Cook with the veggies until golden, 7-8 minutes. Continue with recipe.

+ ADD DICED BACON

Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

