

# 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



Diced Tomatoes with Onion & Garlic



BBQ Sauce



Baby Spinach Leaves



Cheddar Cheese



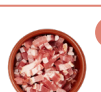
Bake-At-Home Ciabatta



Pickled Jalapeños (Optional)



Chicken Breast



Diced Bacon

**Pantry items**

Olive Oil, Butter

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

**1** 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.

## 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
<b>olive oil*</b>	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
dicced tomatoes with onion & garlic	½ packet	1 packet
<b>salt*</b>	¼ tsp	½ tsp
BBQ sauce	1 packet	2 packets
<b>water*</b>	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
<b>butter*</b>	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](https://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 the 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 **dicced tomatoes with onion & garlic** (see ingredients), the **salt**, **BBQ sauce** and **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

2024 | CW31



## CUSTOM OPTIONS

### + ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook with filling, 4-6 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.

