

BBQ Baked Beans & Garlic Bread

with Cheddar Cheese

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Garlic



Parsley



Cannellini Beans



Sweetcorn



Soffritto Mix



All-American Spice Blend



Diced Tomatoes With Onion & Garlic



BBQ Sauce



Cheddar Cheese



Bake-At-Home Ciabatta




Diced Bacon



Beef Mince

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 amoreish 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 ovenproof saucepan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
parsley	1 packet	1 packet
cannellini beans	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
soffritto mix	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	1 packet	2 packets
salt*	¼ tsp	½ tsp
BBQ sauce	1 packet	2 packets
water*	⅓ cup	⅔ cup
Cheddar cheese	1 large packet	2 large packets
bake-at-home ciabatta	1	2
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3494kJ (835cal)	252kJ (60cal)
Protein (g)	29.6g	2.1g
Fat, total (g)	25.6g	1.8g
- saturated (g)	11.3g	0.8g
Carbohydrate (g)	109.9g	7.9g
- sugars (g)	29.4g	2.1g
Sodium (mg)	2748mg	198.4mg
Dietary Fibre (g)	25.3g	1.8g

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 **240°C/220°C fan-forced**.
- Finely chop **garlic**.
- Roughly chop **parsley**.
- Drain and rinse **cannellini beans**.
- Drain **sweetcorn**.



Bake the beans

- Sprinkle **Cheddar cheese** over the bean mixture and cover with a lid (or foil).
- Bake until thickened and cheese is melted, **10-12 minutes**.



Cook the veggies

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix** and **sweetcorn**, 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, then slice each half diagonally across.
- Place the **butter** and remaining **garlic** in a small heatproof 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** and **All-American spice blend** to the pan. Cook until fragrant, **1 minute**.
- Add **diced tomatoes with garlic & onion**, the **salt**, **BBQ sauce** and **water**. Cook, stirring, until well combined, **2-3 minutes**. Season with **pepper**.



Serve up

- Divide BBQ baked beans between bowls.
- Garnish with remaining parsley.
- Serve with garlic bread. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS

+ ADD DICED BACON

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

+ ADD BEEF MINCE

Cook with veggies, 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.

