

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



Mild Chorizo



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 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 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) | 3474kJ (830cal) | 251kJ (60cal) |
| Protein (g) | 29.4g | 2.1g |
| Fat, total (g) | 24.8g | 1.8g |
| - saturated (g) | 11.3g | 0.8g |
| Carbohydrate (g) | 108.3g | 7.8g |
| - sugars (g) | 28.4g | 2.1g |
| Sodium (mg) | 3879mg | 280.1mg |
| Dietary Fibre (g) | 24g | 1.7g |

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

2024 | CW38



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 **bean mixture** evenly with **Cheddar cheese** 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 onion & garlic**, 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!

CUSTOM OPTIONS

+ ADD MILD CHORIZO

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

+ ADD BEEF MINCE

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

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

