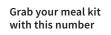


# BBQ Baked Beans & Garlic Bread with Cheddar Cheese

HELLOHERO

CLIMATE SUPERSTAR















Sweetcorn

Cannellini Beans





Soffritto Mix



Spice Blend



**Diced Tomatoes** 



With Onion & Garlic



Cheddar Cheese







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



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<br>with onion &<br>garlic | 1 packet        | 2 packets       |
| salt*                                    | 1/4 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<br>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.



# Get prepped

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



# 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.



#### 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**.



#### 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.



## 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.



## Serve up

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







