



White Bean & Roast Veggie Stew

with Plant-Based Pesto & Garlicky Croutons

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Capsicum



Zucchini



Tomato



Cannellini Beans



Garlic



Bake-At-Home Ciabatta



Nan's Special Seasoning



Garlic & Herb Seasoning



Passata



Vegetable Stock Pot



Baby Spinach Leaves



Plant-Based Basil Pesto



Chicken Breast



Diced Bacon

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Plant Based

Roasted veg topped with two of our trusty seasonings, adds a rich and caramelised depth of flavour to this vibrant plant-based stew. Top it off with croutons for some crunch, and a dollop of bright and herby basil pesto to tie everything together.

Pantry items

Olive Oil, Brown Sugar, Plant-Based 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

Two oven trays lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
tomato	1	2
cannellini beans	1 packet	2 packets
garlic	2 cloves	4 cloves
bake-at-home ciabatta	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 packet	2 packets
vegetable stock pot	½ packet	1 packet
water*	1 cup	2 cups
brown sugar*	½ tbs	1 tbs
plant-based butter*	20g	40g
baby spinach leaves	1 small packet	1 medium packet
plant-based basil pesto	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3023kJ (723cal)	236kJ (56cal)
Protein (g)	26.9g	2.1g
Fat, total (g)	22.2g	1.7g
- saturated (g)	3.1g	0.2g
Carbohydrate (g)	93.4g	7.3g
- sugars (g)	14.2g	1.1g
Sodium (mg)	2193mg	170.9mg
Dietary Fibre (g)	22g	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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **capsicum** into large chunks.
- Thickly slice **zucchini** into half-moons.
- Cut **tomato** into thick wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

2



Get prepped

- Meanwhile, drain and rinse **cannellini beans**.
- Finely chop **garlic**.
- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.

3



Bake the croutons

- Place **garlic** and **ciabatta** on a second lined oven tray. Add a generous drizzle of **olive oil** and a pinch of **salt**. Toss to coat.
- Bake until golden, **5-7 minutes**.

4



Start the stew

- When the veggies have **10 minutes** remaining, heat a large saucepan over medium-high heat with a drizzle of **olive oil**.
- Cook **cannellini beans**, stirring occasionally, until starting to brown, **3-4 minutes**.
- Add **Nan's special seasoning, garlic & herb seasoning, passata, vegetable stock pot (see ingredients), the water, brown sugar and plant-based butter**. Cook, stirring, until slightly thickened, **2-3 minutes**.

5



Finish the stew

- Add **roasted veggies** and **baby spinach leaves** to the saucepan. Cook, stirring, until spinach is just wilted, **1 minute**.
- Season with **pepper** to taste.

6



Serve up

- Divide white bean and roast veggie stew between bowls.
- Drizzle with **plant-based basil pesto**.
- Top with garlicky croutons to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook with veggies until cooked through, 4-6 minutes.



ADD DICED BACON

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.

