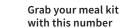


White Bean & Roast Veggie Stew with Plant-Based Pesto & Garlicky Croutons

CLIMATE SUPERSTAR











Cannellini Beans







Bake-At-Home Ciabatta



Nan's Special



Seasoning

Garlic & Herb Seasoning











Baby Spinach

Plant-Based Basil Pesto





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



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.



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

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	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

Per Serving	Per 100g
3023kJ (723cal)	236kJ (56cal)
26.9g	2.1g
22.2g	1.7g
3.1g	0.2g
93.4g	7.3g
14.2g	1.1g
2193mg	170.9mg
22g	1.7g
	3023kJ (723cal) 26.9g 22.2g 3.1g 93.4g 14.2g 2193mg

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.



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.



Get prepped

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



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**.



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.



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.



Serve up

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



ADD CHICKEN BREAST

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



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.

