

# Cheesy Baked Beans & Capsicum

with Jalapeños & Herby Garlic Bread

Grab your Meal Kit with this symbol



Garlic



Parsley



Capsicum



Brown Onion



Butter Beans



Soffrito Mix



All-American Spice blend



Tomato Paste



Passata



BBQ Sauce



Shredded Cheddar Cheese



Bake-At-Home Ciabatta



Picked Jalapeños (Optional)



Mild Chorizo

### Recipe Update

Due to sourcing challenges some of the fresh ingredients you may receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food.

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 frying pan · Medium or large baking dish

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	4 cloves	8 cloves
parsley	1 bag	1 bag
capsicum	1	2
brown onion	1	2
butter beans	1 packet	2 packets
soffritto mix	1 medium bag	1 large bag
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
passata	1 box	2 boxes
<b>salt*</b>	¼ tsp	½ tsp
<b>BBQ sauce</b>	1 packet	2 packets
<b>water*</b>	⅓ cup	⅔ cup
shredded Cheddar cheese	1 large packet	2 large packets
bake-at-home ciabatta	1	2
<b>butter*</b>	30g	60g
pickled jalapeños (optional)	1 medium packet	1 large packet
mild chorizo**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3074kJ (735Cal)	467kJ (112Cal)
Protein (g)	29.2g	4.4g
Fat, total (g)	29.9g	4.5g
- saturated (g)	16.9g	2.6g
Carbohydrate (g)	77.5g	11.8g
- sugars (g)	28.8g	4.4g
Sodium (mg)	2151mg	327mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4511kJ (1078Cal)	576kJ (138Cal)
Protein (g)	55g	7g
Fat, total (g)	55.4g	7.1g
- saturated (g)	26.3g	3.4g
Carbohydrate (g)	79.8g	10.2g
- sugars (g)	31.2g	4g
Sodium (mg)	3576mg	457mg

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](https://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



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Roughly chop **parsley**. Roughly chop **capsicum** into bite-sized chunks. Thinly slice **brown onion**.
- Drain and rinse **butter beans**.

**Custom Recipe:** If you've added mild chorizo, roughly chop chorizo.



## Bake the beans

- Transfer **bean mixture** to a baking dish.
- Sprinkle evenly with **shredded Cheddar cheese**.
- Bake until thickened and cheese is melted, **10-12 minutes**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix**, **brown onion** and **capsicum**, stirring, until softened, **6-7 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**.

**Custom Recipe:** Cook chorizo with the veggies, until golden, 7-8 minutes. Continue with the step.



## Make the garlic bread

- Meanwhile, slice **bake-at-home ciabatta** in half, lengthways.
- 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 **butter beans**, **All-American spice blend** and **tomato paste** to the pan. Cook until fragrant, **1 minute**.
- Add **passata**, the **salt**, **BBQ sauce** and the **water**. Cook, stirring, until well combined, **2-3 minutes**. Season with **pepper**.



## Serve up

- Divide cheesy baked beans and capsicum between bowls.
- Garnish with remaining parsley. Sprinkle with **pickled jalapeños** (if using).
- Serve with herby garlic bread. Enjoy!

## Rate your recipe

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