

Butter Bean & Roast Veggie Stew

with Plant-Based Pesto & Garlicky Croutons

Grab your Meal Kit with this symbol



Carrot



Tomato



Butter Beans



Garlic



Celery



Bake-At-Home Ciabatta



Nan's Special Seasoning



Garlic & Herb Seasoning



Passata



Vegetable Stock Powder



Plant-Based Basil Pesto

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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



Plant Based



Calorie Smart

Two of our trusty seasonings, and roasting rather than simmering the veg, adds a rich and caramelised depth of flavour to this vibrant plant-based stew. Top it off with ciabatta 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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
carrot	1	2
tomato	1	2
butter beans	1 tin	2 tins
garlic	2 cloves	4 cloves
celery	2 stalks	4 stalks
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 box	2 boxes
vegetable stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
brown sugar*	½ tbs	1 tbs
plant-based butter*	20g	40g
plant-based basil pesto	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2698kJ (645Cal)	443kJ (106Cal)
Protein (g)	23.4g	3.8g
Fat, total (g)	21.6g	3.5g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	78.6g	12.9g
- sugars (g)	17.7g	2.9g
Sodium (mg)	2168mg	356mg

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**.
- Thickly slice **carrot** into half-moons. Cut **tomato** into thick wedges.
- Place prepped **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 **butter beans**. Finely chop **celery**.
- 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 **butter beans**, **celery** until softened, **3-4 minutes**.
- Add **Nan's special seasoning**, **garlic & herb seasoning**, **passata**, **vegetable stock powder**, the **water**, the **brown sugar** and the **plant-based butter**. Cook, stirring, until slightly thickened, **2-3 minutes**.



Finish the stew

- Add roast **veggies** to the **stew**. Cook, stirring, until spinach is just wilted, **1 minute**.
- Season with **pepper** to taste.



Serve up

- Divide butter bean and roast veggie stew between bowls.
- Dollop 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



2022 | CW26

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