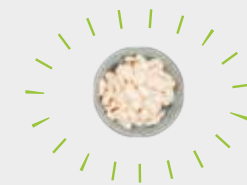




Tomato Cassoulet

with Crusty Ciabatta



Master a
vegetarian cassoulet



Red Onion



Garlic



Thyme



Tomato



Basil



Dried Oregano



Butter Beans



Diced Tomatoes



Bake-At-Home Ciabatta Panini



Pepitas



Mixed Salad Leaves

Pantry Staples



Balsamic Vinegar



Brown Sugar

Hands-on: 15 mins
Ready in: 40 mins

First of all: it's cassoulet like crème brûlée. Second of all, it's from the south of France so you know it's bloody good eating. Creamy butter beans and delicious chunks of ciabatta form the base of this out-of-this-world food.

BEFORE YOU START

You will need: **chef's knife, chopping board, two medium frying pans, medium baking dish, wooden spoon, sieve or colander** and a **medium bowl**. Let's start cooking the **Tomato Cassoulet with Crusty Ciabatta**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Peel and finely slice the **red onion**. Peel and finely chop the **garlic**. Pick the **thyme** leaves. Slice the **tomato** into 5 mm slices. Pick the **basil** leaves.



2 COOK THE INGREDIENTS

Place a medium baking dish into the oven to heat up. Heat a medium frying pan over a medium-high heat. Add **1/3** of the **olive oil** and the **red onion** to the pan and cook for **5 minutes**, or until softened. Add the **garlic, thyme** and **dried oregano** and cook for **1-2 minutes**, or until fragrant. Add **1/2** of the **balsamic vinegar** and the **brown sugar** and stir to coat. Season with **salt** and **pepper**.



3 PREPARE THE CASSOULET

Drain and rinse the **butter beans**. Add the **diced tomatoes** and the butter beans to the same pan, season to taste with a **pinch** of **salt** and **pepper** and stir to combine. Remove from the heat and transfer the mixture to the preheated baking dish. Slice the **bake-at-home ciabatta panini** into 1 cm cubes. Top the cassoulet mixture with the **tomato** slices and ciabatta chunks (add as many or as little chunks as you like). Drizzle over **1/3** of the **olive oil** and bake in the oven for **20-25 minutes**, or until lightly golden.



4 TOAST THE PEPITAS

While the cassoulet is baking, heat a medium frying pan over a medium-high heat. Add the **pepitas** and toast, stirring often, for **2-3 minutes**, or until golden.



5 PREP THE SALAD

In a medium bowl, combine the **remaining balsamic vinegar** and the **remaining olive oil**. Season to taste with **salt** and **pepper**. Add the **mixed salad leaves** and the toasted **pepitas** and toss to coat.



6 SERVE UP

Top the tomato cassoulet with the basil leaves and **drizzle** with **olive oil**. Divide between plates and serve alongside the toasted pepita salad.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
red onion	1	2
garlic	1 clove	2 cloves
thyme	1 bunch	2 bunches
tomato	1	2
basil	1 bunch	2 bunches
olive oil*	3 tbs	6 tbs
dried oregano	1 sachet	2 sachets
balsamic vinegar*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
butter beans	1 tin (400 g)	2 tins (800 g)
diced tomatoes	1 tin (400 g)	2 tins (800 g)
bake-at-home ciabatta panini	1	2
pepitas	1 packet	2 packets
mixed salad leaves	1 bag	2 bags

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2140kJ (511Cal)	305kJ (73Cal)
Protein (g)	16.3g	2.3g
Fat, total (g)	28.6g	4.1g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	43.6g	6.2g
- sugars (g)	19.9g	2.8g
Sodium (g)	246mg	35mg

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