

Mediterranean White Bean & Veggie Stew

with Parmesan & Garlic Panini

Grab your meal kit with this number







Courgette

Leek





Cannellini beans

Nan's Special Seasoning



Tomato Paste

Vegetable Stock Powder





Wholemeal Panini

Baby Leaves



Grated Parmesan Cheese

Recipe Update

We've replaced the chickpeas in this recipe with cannellini beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!





Pantry items Olive Oil, Brown Sugar, Butter

Prep in: 15-25 mins Ready in: 30-40 mins

Calorie Smart

If you're planning to stay in with a cosy homecooked dinner, then this stew fits the criteria. Tomato and cannellini beans come together in a snap to create the base for the roast veggies to soak in. Dig in and enjoy the comfort of an easy to make and tasty dinner.

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

Oven tray lined with baking paper \cdot Large saucepan

Ingredients

- g. concerce			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
courgette	1	2	
leek	1	2	
garlic	3 cloves	6 cloves	
cannellini beans	½ tin	1 tin	
Nan's special seasoning	1 medium sachet	1 large sachet	
tomato paste	1 packet	2 packets	
vegetable stock powder	1 large sachet	2 large sachets	
brown sugar*	1 tsp	2 tsp	
water*	1½ cups	3 cups	
butter*	40g	80g	
wholemeal panini	1 medium	1 large	
baby leaves	1 small packet	1 medium packet	
grated Parmesan cheese	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2407kJ (575Cal)	493kJ (117Cal)
Protein (g)	19.2g	3.9g
Fat, total (g)	29.5g	6g
- saturated (g)	15.2g	3.1g
Carbohydrate (g)	51.7g	10.6g
- sugars (g)	16.7g	3.4g
Sodium (mg)	1957mg	401mg
Dietary Fibre (g)	15.1g	3.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

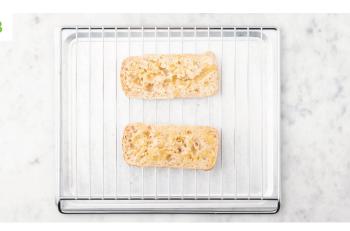
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

relp!



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **courgette** into bite-sized chunks. Thickly slice **leek**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly. Roast until tender, 20-25 minutes.



Bake the garlic panini

- Meanwhile, slice wholemeal panini in half lengthways.
- In a small bowl, place the remaining **butter** and remaining **garlic**. Microwave in **10 second** bursts or until melted. Season with **salt**.
- Brush garlic butter over the cut sides of the panini.
- Place panini directly on a wire oven rack and bake until heated through, 5 minutes.



Make the stew

- Meanwhile, finely chop garlic.
- Drain and rinse cannellini beans (see ingredients).
- In a large saucepan, heat a drizzle of olive oil over medium-high heat.
 Cook Nan's special seasoning, cannellini beans and half the garlic until fragrant, 1-2 minutes.
- Add **tomato paste**, **vegetable stock powder**, the **brown sugar**, **water** and half the **butter**, then bring to the boil. Reduce heat to medium and simmer for **4-5 minutes**. Season to taste.



Serve up

- Remove saucepan from heat, add roast veggies and **baby leaves** and stir until wilted. Season to taste.
- Divide Mediterranean white bean and veggie stew between bowls. Sprinkle with grated Parmesan cheese.
- Serve with garlic panini. Enjoy!

ADD CHICKEN THIGH

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

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



We're here to help! Scan here if you have any questions or concerns 2024 | CW26

CUSTOM OPTIONS

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