

Italian Cannellini Bean Pie

with Garlicky Greens

CLIMATE SUPERSTAR









Green Beans





Garlic

Cannellini Beans



Garlic & Herb Seasoning

Vegetable Stock





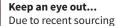
Baby Spinach



Soffritto Mix

Cream

Cheese



challenges, we've replaced baby broccoli with green beans, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins Ready in: 35-45 mins

Beans, beans and beans! We can't get enough of this pie with its irresistible filling, full of veggies and a potato mash top to hold it all together. Garlicky greens add fragrant aromas and a creamy sauce melts in your mouth when you serve up a slice of this bean-alicious pie.

Pantry items

Olive Oil, Butter, Milk

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

 $\label{eq:medium} \operatorname{Medium} \operatorname{saucepan} \cdot \operatorname{Large} \operatorname{frying} \operatorname{pan} \cdot \operatorname{Medium} \operatorname{or} \operatorname{large} \\ \operatorname{baking} \operatorname{dish}$

Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 cup
green beans	1 bag	1 bag
garlic	2 cloves	4 cloves
cannellini beans	1 tin	2 tins
soffritto mix	1 packet (150g)	1 packet (300g)
garlic & herb seasoning	1 sachet	1 sachet
cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 large sachet	2 large sachets
water*	1/4 cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2855kJ (682Cal)	482kJ (115Cal)
Protein (g)	23.4g	4g
Fat, total (g)	34.6g	5.8g
- saturated (g)	16.8g	2.8g
Carbohydrate (g)	63.5g	10.7g
- sugars (g)	19.9g	3.4g
Sodium (mg)	1709mg	289mg

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.



Make the mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Add the butter and milk to the potato and season generously with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Start the filling

- While potato is cooking, preheat grill to high.
 Trim green beans. Finely chop garlic. Drain and rinse cannellini beans.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook soffritto mix, stirring occasionally, until softened,
 4-5 minutes.
- Add cannellini beans, garlic & herb seasoning and 1/2 the garlic, and cook until fragrant,
 1 minute.



Finish the filling

- Stir in cream (see ingredients), vegetable stock powder and the water and simmer until thickened, 2-3 minutes.
- Remove from heat, then stir through baby spinach leaves until just wilted. Season to taste.



Bake the pie

- Transfer bean filling to a baking dish and spread potato mash on top.
- Sprinkle over shredded Cheddar cheese.
- Grill pie until golden, 5-10 minutes.



Cook the greens

- While the pie is grilling, wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook green beans, until tender,
 4-5 minutes
- Add remaining garlic and cook until fragrant,
 1 minute. Season to taste.



Serve up

• Divide Italian cannellini bean pie and garlicky greens between plates. Enjoy!

