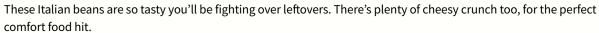


ITALIAN BAKED BEANS

with Cheesy Herb Ciabatta Topping







Make a cheesy herb ciabatta topping



Brown Onion



Red Capsicum







Oregano





Cannellini Beans



Italian Herbs



Chilli Flakes (Optional)



Tomato Paste



Vegetable Stock



Baby Spinach Leaves



Ciabatta



Grated Parmesan Cheese

Pantry Staples: Olive Oil, Brown Sugar, Vinegar (White Wine Or Balsamic), Butter



Spicy (optional chilli flakes)

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· large frying pan · medium baking dish



GET PREPPED Preheat the oven to 220°C/200°C fan-

forced. Thinly slice the **brown onion**. Finely chop the red capsicum. Finely chop the garlic (or use a garlic press). Pick the **oregano** leaves. Pick and finely chop the **parsley** leaves. Grate the carrot (unpeeled). Drain and rinse the cannellini beans.



MAKE THE ITALIAN BEANS

In a large frying pan, heat a **drizzle** of olive oil over a medium-high heat. Add the brown onion, red capsicum and carrot and cook, stirring, for **5-6 minutes**, or until the vegetables are tender. Add the Italian herbs, garlic, oregano and a pinch of chilli flakes (if using) and cook for 1 minute, or until fragrant. Add the **tomato paste** and cook, stirring, for 1-2 minutes or until a deep red colour.



ADD FLAVOUR TO THE BEANS

Add the cannellini beans, brown sugar, vinegar, water and crumble in the vegetable stock (1 cube for 2 people / 2 cubes for 4 people). Stir to combine. Add the baby spinach leaves and butter and cook, stirring, for **1-2 minutes**, or until the spinach has wilted slightly. Remove the pan from the heat and set aside.



PREPARE THE CIABATTA

While the veggies are cooking, tear the ciabatta into small pieces. In a medium bowl, combine the ciabatta, grated Parmesan cheese (see ingredients list), parsley and a generous drizzle of olive oil. Season with a pinch of salt and pepper and toss to coat.



BAKE THE ITALIAN BEANS

Pour the **veggie and bean mixture** into a medium baking dish and top with the herby ciabatta. Bake on the top rack for 5-10 minutes, or until the bread is golden and crisp.



SERVE UP

Divide the Italian baked beans between plates.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
red capsicum	1	2
garlic	2 cloves	4 cloves
oregano	1 bunch	1 bunch
parsley	1 bunch	1 bunch
carrot	1	2
cannellini beans	1 tin	2 tins
Italian herbs	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
tomato paste	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	2 tsp	4 tsp
water*	¼ cup	½ cup
vegetable stock	1 cube	2 cubes
baby spinach leaves	1 bag (90 g)	1 bag (180 g)
butter*	20 g	40 g
ciabatta	1	2
grated Parmesan cheese	¼ packet	½ packet

^{*}Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1720kJ (411Cal)	326kJ (78Cal)
Protein (g)	20.9g	4.0g
Fat, total (g)	6.4g	1.2g
saturated (g)	2.8g	0.5g
Carbohydrate (g)	58.6g	11.1g
- sugars (g)	16.8g	3.2g
Sodium (g)	1270mg	240mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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