



# ITALIAN BAKED BEANS

with Cheesy Herb Ciabatta Topping



Make a cheesy herb ciabatta topping



Brown Onion



Red Capsicum



Garlic



Parsley



Oregano



Carrot



Cannellini Beans



Italian Herbs



Chilli Flakes (Optional)



Tomato Paste



Vegetable Stock



Baby Spinach Leaves



Ciabatta



Grated Parmesan Cheese

- Hands-on: **25 mins**  
Ready in: **40mins**
- Low calorie
- Spicy (optional chilli flakes)

These Italian beans are so tasty you'll be fighting over leftovers. There's plenty of cheesy crunch too, for the perfect comfort food hit.

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

## BEFORE YOU START

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

- large frying pan • medium baking dish



### 1 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**.



### 2 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.



### 3 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.



### 4 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.



### 5 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.



### 6 SERVE UP

Divide the Italian baked beans between plates.

## ENJOY!

## 2 | 4 PEOPLE 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](https://www.hellofresh.co.nz/recipes)

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