




Product Spotlight: Garlic


Garlic doesn't just add great flavour to most dishes - it is very beneficial to regulate blood pressure and blood sugar levels!



Cheesy Bean Bake with Tomato-Rubbed Focaccia

This veggie-packed bean bake is warming and wholesome! Plus, it's topped with shredded cheese and baked to melted cheesy perfection, then served with herby, tomato-rubbed focaccia rolls!

 30 minutes

 4 servings

 Vegetarian

Switch it up!

Instead of adding cheese to the bean bake, use it to make cheesy focaccias!

Per serve: **PROTEIN** 39g **TOTAL FAT** 19g **CARBOHYDRATES** 97g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	2
ZUCCHINI	1
CARROTS	2
TINNED CANNELLINI BEANS	2 x 400g
TOMATO PASSATA	1 jar
OREGANO	1 packet
FOCACCIA ROLLS	4-pack
BABY SPINACH	120g
SHREDDED MOZZARELLA CHEESE	1 packet
TOMATO	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried rosemary, 1 stock cube of choice

KEY UTENSILS

oven-proof frypan (see notes), oven tray

NOTES

If you don't have an oven-proof frypan, transfer the bean mix to an oven dish at step 4.

Is your butter still not soft? Use a vegetable peeler to peel ribbons of butter or a box grater to grate the butter into small pieces.



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1. SAUTÉ THE AROMATICS

Set oven to 220° and bring **3 tbsp butter** to room temperature.

Heat an oven-proof frypan over medium-high heat with **oil**. Slice onion and add to pan with **2 tsp rosemary**. Sauté for 3 minutes. Crush 1 garlic clove and grate zucchini. Add to pan and sauté for a further 5 minutes (see step 2).



2. ADD THE BEANS & SIMMER

While aromatics cook, dice carrots and drain and rinse beans. Add to frypan along with tomato passata, **stock cube** and **1 cup water**. Simmer for 15 minutes until carrots are tender.



3. PREPARE THE BREAD

Crush remaining garlic clove and roughly chop 1/2 packet oregano. Add to a bowl along with softened butter (see notes). Mix to combine. Slice focaccias open and spread garlic butter. Place on a lined oven tray and bake for 5 minutes until toasted.



4. BAKE THE BEANS

Stir baby spinach through beans to wilt. Season to taste with **salt and pepper**. Top beans with shredded mozzarella. Bake in the oven for 5-8 minutes until cheese is melted and golden.



5. TOMATO RUB FOCACCIAS

Halve tomato. Rub cut side of tomato on toasted rolls.



6. FINISH AND SERVE

Garnish cheesy bean bake with remaining oregano and serve tableside along with tomato-rubbed focaccia rolls.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

