




Product Spotlight: Yellow Squash


Not only sweet and delicious, yellow squash is also a good source of vitamin C and vitamin B2!



4 Cheesy Veggie Bean Bake

A spiced veggie tray bake with white beans and melted smokey gouda from Noshing Naturally. Serve this bake bubbling straight out of the oven, with a fresh garden salad on the side.

 30 minutes

 4 servings

 Plant-Based

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Spice it up!

Add some extra flavour to the bake with fresh rosemary leaves or spices such as ground coriander or cajun spice mix. You could also stir the grated cheese through the vegetables and top the bake with crumb of choice.

Per serve: **PROTEIN** 12g **TOTAL FAT** 27g **CARBOHYDRATES** 27g

FROM YOUR BOX

LEEK	1
RED CAPSICUM	1
YELLOW SQUASH	3
BROCCOLI	1
CHERRY TOMATOES	1 bag (200g)
WHITE BEANS	400g
THYME	1/2 packet *
SMOKED GOUDA	1 packet
LEBANESE CUCUMBER	1
BABY LEAVES & BEETROOT	1 bag (180g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, smoked paprika, ground cumin, red wine vinegar

KEY UTENSILS

oven dish

NOTES

Leeks can often be quite sandy. An easy way to remove the dirt is to slice them first then rinse in a colander.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Slice leek and capsicum. Wedge squash and cut broccoli into florets. Halve tomatoes. Toss together with drained beans.



2. ADD THE BEANS & BAKE

Stir through **3 tsp smoked paprika**, **3 tsp cumin**, thyme leaves and **1/3 cup olive oil**. Season with **salt and pepper**. Grate the gouda and sprinkle on top. Bake in oven for 20 minutes or until veggies are cooked.



3. PREPARE THE SALAD

Meanwhile, slice cucumber and set aside with baby leaves and beetroot. Whisk together **1 tbsp vinegar** and **2 tbsp olive oil**. Toss through salad.



4. FINISH AND PLATE

Divide veggie bake among shallow bowls. Serve salad on the side.

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

