



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Tomatoes


Did you know tomatoes are considered an everyday superfruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.




12 Creamy Polenta with Italian Bean Stew

Soft polenta finished with nut-based cheese and chives works magic alongside this mixed bean stew simmered with fresh tomatoes.

 30 minutes

 2 servings

 Plant-Based

12 August 2022

Spice it up!

Crush and add some garlic to the bean stew, and add any fresh herbs you might have in the garden when serving; oregano, basil, parsley or even a little rosemary.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	34g	71g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
TOMATOES	2
TOMATO PASTE SACHET	1
TINNED MIXED BEANS	400g
NUT CHEESE	1 packet
CHIVES	1 bunch
BABY SPINACH	1 packet (60g)
POLENTA	125g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

You can boil the water in the kettle to speed this up.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Slice and add onion along with **1/2 tbsp Italian herbs**. Sauté for 5 minutes until softened.



2. ADD THE TOMATOES

Slice carrot and dice tomatoes, adding to pan as you go. Stir in tomato paste, **1/2 cup water** and beans (including liquid). Simmer, semi-covered, for 10 minutes.



3. PREPARE THE TOPPING

Bring a saucepan with **1.3 litres water** to the boil (see notes).

Grate cheese and slice chives.



4. ADD THE SPINACH

Stir spinach through the beans and cook for a further 3 minutes or until spinach has cooked to your liking. Season to taste with **1 tsp balsamic vinegar, salt and pepper**.



5. COOK THE POLENTA

Gradually whisk polenta into simmering water. Cook over low heat, stirring until thickened. Remove from heat and stir through half the cheese and chives with **1 tbsp olive oil**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide polenta between bowls. Ladle in bean stew and top with remaining chives and cheese.

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**

