




### 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.



## 14 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

 4 servings

 Plant-Based

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### 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** 21g **TOTAL FAT** 22g **CARBOHYDRATES** 58g

## FROM YOUR BOX

BROWN ONION	1
CARROTS	2
TOMATOES	4
TOMATO PASTE SACHET	1
TINNED MIXED BEANS	2 x 400g
NUT CHEESE	1 packet
CHIVES	1 bunch
ENGLISH SPINACH	1 bunch
POLENTA	250g

## 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 tbsp Italian herbs**. Sauté for 5 minutes until softened.



### 2. ADD THE TOMATOES

Slice carrots and dice tomatoes, adding to pan as you go. Stir in tomato paste, **1 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

Wash and slice the spinach. Stir through the beans and cook for a further 3 minutes or until spinach has cooked to your liking. Season to taste with **1/2 tbsp 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 **2 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](mailto:hello@dinnertwist.com.au)

