



### Product Spotlight: Green Beans

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young.



## Spanish Bean Hotpot with Croutons

Comforting and full of flavour! This veggie-packed hotpot is cooked with a locally made Spanish spice blend from Turban Chopsticks and features cannellini beans, crunchy croutons and freshly chopped parsley.



25 minutes



2 servings



Plant-Based

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## Slow cook it!

*You can prepare this dish in the slow cooker! Add some lentils or quinoa for extra bulk if preferred.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	17g	53g

## FROM YOUR BOX

RED CAPSICUM	1
ZUCCHINI	1
SPANISH SPICE MIX	1 packet
GREEN BEANS	1 bag (150g)
TINNED CANNELLINI BEANS	400g
TINNED CHOPPED TOMATOES	400g
GLUTEN-FREE FLATBREAD	1
PARSLEY	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, 1 garlic clove, dried thyme

## KEY UTENSILS

large frypan with lid, frypan

## NOTES

Slice and toast the flatbread for dipping into the hotpot instead of making croutons if preferred!



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **2 tbsp olive oil**. Slice capsicum and dice zucchini. Add to pan as you go. Stir in Spanish spice mix.



### 2. ADD THE BEANS

Trim and halve beans. Add to pan along with drained cannellini beans. Cook for 5 minutes.



### 3. SIMMER THE STEW

Stir in chopped tomatoes with **1/4 cup water**. Cover and simmer for 10 minutes.



### 4. TOAST THE CROUTONS

Meanwhile, heat a frypan over medium-high heat with **olive oil**. Dice and add flatbread along with **1 tsp thyme** (see notes). Cook for 5 minutes until golden. Add **1 crushed garlic clove, salt and pepper**. Toss until combined.



### 5. FINISH AND SERVE

Season stew with **salt and pepper** to taste. Chop parsley and use to garnish. Serve stew with croutons.



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