

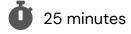




Spanish Bean Hotpot

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.





2 servings



Slow cook it!

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

TOTAL FAT CARBOHYDRATES

16g

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

o pan Stir in chopped tomatoes with 1/4 cup s. Cook water. Cover and simmer for 10 minutes.



4. TOAST THE CROUTONS

Meanwhile, heat a frypan over mediumhigh 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.

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**



