

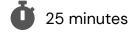




Spanish Bean Hotpot

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.







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

12g

21 April 2023

44g

FROM YOUR BOX

RED CAPSICUM	1
ZUCCHINI	1
SPANISH SPICE MIX	1 packet
GREEN BEANS	1 bag (250g)
TINNED CANNELLINI BEANS	2 x 400g
NAPOLETANA SAUCE	500ml
GF 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 Napoletana sauce. 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



