



### Product Spotlight: Garlic

Garlic doesn't just add great flavour to most dishes – it is very beneficial to regulate blood pressure and blood sugar levels!



## Cheesy Bean Bake with Tomato-Rubbed Focaccia

This veggie-packed bean bake is warming and wholesome! Plus, it's topped with shredded mozzarella and baked to melted cheesy perfection, then served with herby, tomato-rubbed focaccia rolls!



30 minutes



2 servings



Vegetarian

11 August 2023

## Switch it up!

*Instead of adding cheese to the bean bake, use it to make cheesy focaccias!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	32g	121g

## FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	2
ZUCCHINI	1
CARROT	1
TINNED CANNELLINI BEANS	400g
TOMATO PASSATA	1 jar
OREGANO	1 packet
FOCACCIA ROLLS	2-pack
BABY SPINACH	60g
SHREDDED MOZZARELLA CHEESE	1 packet
TOMATO	1

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried rosemary,  
1 stock cube of choice

## KEY UTENSILS

oven-proof frypan (see notes), oven tray

## NOTES

If you don't have an oven-proof frypan, transfer the bean mix to an oven dish at step 4.

Is your butter still not soft? Use a vegetable peeler to peel ribbons of butter or a box grater to grate the butter into small pieces.



Scan the QR code to  
submit a Google review!



### 1. SAUTÉ THE AROMATICS

Set oven to 220° and bring **2 tbsp butter** to room temperature.

Heat an oven-proof frypan over medium-high heat with **oil**. Slice onion and add to pan with **1 1/2 tsp rosemary**. Sauté for 3 minutes. Crush 1 garlic clove and grate zucchini. Add to pan and sauté for a further 5 minutes (see step 2).



### 2. ADD THE BEANS & SIMMER

While aromatics cook, dice carrot and drain and rinse beans. Add to frypan along with tomato passata, **stock cube** and **3/4 cup water**. Simmer for 15 minutes until carrots are tender (see step 3).



### 3. PREPARE THE BREAD

Crush remaining garlic clove and roughly chop 1/2 packet oregano. Add to a bowl along with softened butter (see notes). Mix to combine. Halve rolls lengthways. Spread garlic butter over rolls. Place on a lined oven tray and bake for 5 minutes until toasted.



### 4. BAKE THE BEANS

Stir baby spinach through beans to wilt. Season to taste with **salt and pepper**. Top beans with shredded mozzarella. Bake in the oven for 5-8 minutes until cheese is melted and golden.



### 5. TOMATO RUB

Halve tomato. Rub cut side of tomato on toasted rolls.



### 6. FINISH AND SERVE

Serve cheesy bean bake tableside along with tomato-rubbed focaccia rolls.

**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)

