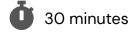




Greek Bean Stew

with Garlic Bread

Warm and nourishing Greek-style bean and vegetable stew, baked with crumbled Naked Food Co feta, and served with fresh leaves and homemade garlic bread.





2 servings



If you want to make the bean stew richer you can pour in some tomato sugo and crumble in a stock cube at step 2.

TOTAL FAT CARBOHYDRATES

30g

105g

18 March 2022

FROM YOUR BOX

SHALLOT	1
CARROT	1
ТОМАТО	1
CAPSICUM	1
TINNED BEANS	400g
MARINATED FETA CHEESE	1 tub (340g)
BABY CIABATTA LOAF	1
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, butter (see notes), salt, pepper, dried oregano, 1 garlic clove, balsamic vinegar

KEY UTENSILS

oven-proof frypan, oven tray

NOTES

If you are using butter to make the garlic bread, be sure to soften it to room temperature so that it is spreadable.

No gluten option - ciabatta loaf is replaced with gluten free country loaf.



1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat oven-proof frypan over medium-high heat with oil. Dice shallot and grate carrot. Add to pan as you go along with 2 tsp oregano. Sauté for 2-3 minutes until vegetables begin to soften.



2. ADD THE BEANS

Dice tomato and capsicum, add to pan along with beans (including the liquid). Season with **salt and pepper**, stir to combine. Crumble over feta and bake in oven for 10–15 minutes until feta is starting to brown.



3. MAKE THE GARLIC BREAD

Mix 1 1/2 tbsp butter/oil with 1 crushed garlic clove, 1/2 tsp oregano, salt and pepper. Slice bread and spread with garlic mix. Place on a lined oven tray and cook for 3-4 minutes until golden and crunchy.



4. DRESS THE MESCLUN

Add mesclun leaves to a bowl and toss with 2 tsp balsamic vinegar.



5. FINISH AND SERVE

Serve the stew in shallow bowls along with dressed mesclun and garlic bread.



