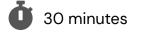


# **Greek Bean Stew**

# 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.





4 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

29g

96g

### **FROM YOUR BOX**

BROWN ONION	1
CARROTS	2
TOMATOES	2
CAPSICUM	1
TINNED BEANS	2 x 400g
MARINATED FETA CHEESE	1 tub (340g)
CIABATTA LOAF	1
MESCLUN LEAVES	1 bag (120g)

#### 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 onion and grate carrots. Add to pan as you go along with 1 tbsp oregano. Sauté for 2-3 minutes until vegetables begin to soften.



# 2. ADD THE BEANS

Dice tomatoes 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 3 tbsp butter/oil with 1 crushed garlic clove, 1 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 1 tbsp balsamic vinegar.



# 5. FINISH AND SERVE

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



