




Product Spotlight: Beans


Beans are a good source of folate (one of the eight vitamins in the B group) which keeps your blood healthy and helps kids grow!



L4 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.

 30 minutes

 4 servings

 Vegetarian

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Spice it up!

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.

Per serve: **PROTEIN** 29g **TOTAL FAT** 31g **CARBOHYDRATES** 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.

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**

