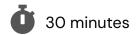




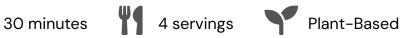


# Italian Fagioli Stew

Fagioli, or beans, cooked in a warming and hearty stew, packed fill of vegetables and simmered with bright chopped tomatoes, served with fresh gluten-free pasta, and a herbaceous topping.







Add to it!

This soup is a great vessel for any bits and bobs sitting in your fridge; zucchini, capsicum, sweet potato or cherry tomatoes. Simply add extra water and seasoning to cover the extra vegetables.

TOTAL FAT CARBOHYDRATES

28g

145g

### FROM YOUR BOX

BROWN ONION	1
CARROTS	2
CELERY	2 sticks
GARLIC	2 cloves
CANNELLINI BEANS	2x 400g
FRESH GF PASTA	2 packets
CHOPPED TOMATOES	400g
VEGETABLE STOCK PASTE	1 jar
LEMON	1
PARSLEY	1 packet
TUSCAN KALE	1 bunch

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground paprika, dried oregano

#### **KEY UTENSILS**

2 saucepans, stick mixer

#### **NOTES**

Blending part of the stew gives a lovely creamy texture. You can blend all the soup if you want to hide veggies from fussy eaters, or stick blending altogether to save washing extra dishes.







# 1. PREPARE THE INGREDIENTS

Bring a large saucepan of water to a boil.

Dice onion and carrot, slice celery, crush garlic, drain and rinse beans.

Add pasta to boiling water and cook until al dente. Drain and rinse.



# 2. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with oil. Add onion, carrot, celery and garlic. Sauté for 5 minutes. Add 1 tbsp paprika and 11/2 tbsp oregano. Sauté for further 1 minute.



#### 3. SIMMER THE STEW

Add beans, chopped tomatoes, **800ml** water and stock paste to the saucepan. Cover and simmer for 10 minutes.



# 4. MAKE THE TOPPING

Add lemon zest, juice from 1/2 lemon (wedge remaining), finely chopped parsley (including tender stems), 1 tbsp olive oil, 1/2 tbsp water, salt and pepper to a bowl.



# **5. BLEND THE STEW**

Roughly chop or tear kale leaves. Remove 2 cups stew to a jug (see notes). Use stick mixer to blend to smooth consistency. Return to pan along with kale leaves. Season with 1 1/2 tbsp olive oil, salt and pepper. Mix to combine.



## 6. FINISH AND SERVE

Divide pasta among bowls. Spoon over stew. Add topping and serve with lemon wedges.

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



