




### Product Spotlight: The Gluten Free Lab


Perth-based, The Gluten Free Lab, pride itself on being 100 % CERTIFIED Gluten Free, catering for all lovers of the Italian cuisine. You can find some of their great products on our Marketplace.



## 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.

 30 minutes

 4 servings

 Plant-Based

## 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.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 4g **CARBOHYDRATES** 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.



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### 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 **1 1/2 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**

