



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, Italian for beans, are the star of this hearty, warming stew. Packed with vegetables and simmered in vibrant chopped tomatoes, it's served with fresh gluten-free pasta and finished with a zesty herb 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** 18g **TOTAL FAT** 9g **CARBOHYDRATES** 65g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
CELERY STICKS	2
GARLIC CLOVES	2
CANNELLINI BEANS	2x 400g
FRESH GF PASTA	2 packets
CHOPPED TOMATOES	400g
VEGETABLE STOCK PASTE	1 small 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 **carrots**, slice **celery**, crush **garlic**, drain and rinse **cannellini beans**.



4. MAKE THE TOPPING

In a bowl, combine **lemon zest**, **juice from 1/2 lemon** (wedge the rest), finely chopped **parsley** (including tender stems), **1 tbsp olive oil**, **1/2 tbsp water**, **salt and pepper**.



2. COOK THE PASTA

Add **pasta** to boiling water and cook for 3 minutes or until al dente. Drain and rinse.



5. BLEND THE STEW

Roughly chop or tear **kale** leaves. Transfer 2 cups of stew to a jug (see notes) and blend until smooth. Return to the pan with the **kale**. Add **1 1/2 tbsp olive oil**, season to taste with **salt and pepper**, and stir to combine.



3. SIMMER THE STEW

Heat a saucepan with **oil** over medium-high heat. Add **onion**, **carrot**, **celery** and **garlic**, sauté for 5 minutes. Stir in **1 tbsp paprika** and **1 1/2 tbsp oregano**. Add **beans**, **chopped tomatoes**, **800ml water** and **stock paste**. Cover and simmer for 10 minutes.



6. FINISH AND SERVE

Divide the **pasta** between bowls, spoon over the **stew**, and top with the **parsley mixture**. 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**

