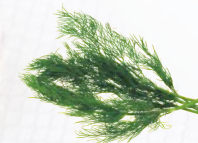




Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



Lemon Greek Fasolada

A light and summery Greek bean stew with lemon, garlic and dill, cooked in one pan and served with crusty flatbreads from Gluten Free Lab.



30 minutes



2 servings



Plant-Based

Spice it up!

You can add some dried chilli flakes to the stew if you like a little spice! You can also rub the flatbreads with cumin and crushed garlic for an extra flavour hit!

Per serve: **PROTEIN** 15g **TOTAL FAT** 4g **CARBOHYDRATES** 49g

FROM YOUR BOX

FENNEL	1
TOMATOES	2
ZUCCHINI	1
GARLIC COVES	2
STOCK PASTE	1 jar
FLATBREAD (GF)	1
TINNED CANNELLINI BEANS	400g
LEMON	1
DILL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, fennel seeds, flour (of choice)

KEY UTENSILS

large frypan with lid, oven tray (optional)

NOTES

Remove the core from the fennel bulb before dicing. You can slice the stalks and add the fronds as well.

You can toast the flatbreads in the oven, use the BBQ or a sandwich press!



1. SAUTÉ THE VEGETABLES

Set oven to 200°C (optional, see step 3).

Heat a large frypan with **olive oil** over medium heat. Dice **fennel** (see notes), **tomatoes** and **zucchini**. Add to pan along with **crushed garlic**, **3 tsp cumin** and **1/2 tsp fennel seeds**. Cook for 5 minutes.



2. SIMMER THE VEGETABLES

Stir in **stock paste**, **1 tsp flour** and **400ml water**. Increase heat to medium-high, cover and simmer for 15 minutes.



3. TOAST THE FLATBREAD

Meanwhile, halve **flatbread** and rub with a little **olive oil**. Toast using your preferred method (see notes).



4. ADD THE BEANS

Drain and add **beans** to vegetables. Stir in **lemon zest** and juice from 1/2 lemon (wedge remaining). Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide lemon fasilada among shallow bowls. Garnish with chopped dill and drizzle with **olive oil**. Serve with flatbreads.



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