




**Product Spotlight:
Red Chilli**


Chillies are rich in vitamin C and boost your metabolism, making you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



Butter Bean Arrabbiata with Toasted Almond Topping

Butter Bean Arrabbiata is pure comfort featuring tender eggplant, cherry tomatoes, and butter beans in a spicy tomato sauce, served over creamy polenta and topped with a golden toasted almond and quinoa crumble. A warming, nourishing meal with a satisfying mix of texture, flavour, and spice.

 30 minutes

 4 servings

 Plant-Based

Switch it up!

Bake a baked polenta to serve the arrabbiata on! Set oven to 220°C. Cook polenta as per instructions, then pour onto a lined oven tray. Drizzle with oil and bake for 15-20 minutes or until golden and crispy on top.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	22g	89g

FROM YOUR BOX

BROWN ONION	1
GARLIC	3 cloves
CHERRY TOMATOES	2x 200g
GOURMET EGGPLANT	2
BUTTER BEANS	2x 400g
RED CHILLI	2
PARSLEY	1 packet
ALMOND & QUINOA FLAKE MIX	60g
TOMATO SUGO	1 jar
INSTANT POLENTA	250g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 stock cube, sugar of choice

KEY UTENSILS

large frypan, saucepan

NOTES

Add extra flavour to the polenta by adding dried herbs, such as oregano or rosemary to the water. You can use 50% water 50% plant-based milk, or finish the polenta with some grated plant based cheese or nutritional yeast.

Remove seeds from chilli for a milder heat. Cooking the chilli will increase the heat, for a milder heat, use chilli to garnish.



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1. PREPARE THE INGREDIENTS

Bring a saucepan with **1.3L water** and **crumbled stock cube** (see notes) to the boil.

Dice **onion** and **eggplant**, crush **garlic**, halve **cherry tomatoes**, drain and rinse **beans**, and finely chop **chilli** and **parsley** (including tender stems).



4. SIMMER THE ARRABBIATA

Add **beans, chilli, cherry tomatoes, tomato sugo, 1 cup water** and **2 tsp sugar** to the pan. Simmer, semi-covered, for 5 minutes. Stir though **1 tbsp olive oil** and season to taste with **salt and pepper**.



2. MAKE THE TOPPING

Heat a large frypan over medium-high heat with **2 tbsp olive oil**. Add **1/3 garlic, almond & quinoa flake mix** and **parsley**. Cook for 3-5 minutes until golden and toasted. Remove to a bowl (keep pan over heat) and season with **salt and pepper**.



5. COOK THE POLENTA

Gradually pour in **polenta** in boiling water, whisking continuously until thickened. Remove from heat and season well with **salt and pepper**.



3. MAKE THE ARRABBIATA

Add **onion, garlic** and **eggplant** to pan (add extra **oil** as necessary). Sauté for 3-5 minutes until **onion** and **eggplant** being to softened.



6. FINISH AND SERVE

Divide **polenta** among shallow bowls. Spoon over **butter bean arrabbiata** and add **topping**.

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