

**Product Spotlight:**
Dill

Those feathery green fronds are dill's most delicate part, so add them right at the end of cooking to keep their flavour bright rather than letting them wilt in the broth.



Lemon Greek Fasolada

A light and zesty Greek bean stew with lemon, garlic and dill, all cooked in the one pan and served with crusty ciabatta.



30 minutes



4/6 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 ciabatta with cumin and crushed garlic for an extra flavour hit!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	29g	6g	104g/108g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
FENNEL	1	1
TOMATOES	3	4
ZUCCHINI	1	2
GARLIC CLOVES	2	3
VEGGIE STOCK PASTE	1 jar	1 jar
CIABATTA LOAF	1	2
TINNED BUTTER BEANS	2 x 400g	3 x 400g
LEMON	1	2
DILL	1 packet	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan with lid, griddle pan (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 ciabatta loaf in the oven instead of on the griddle.

No gluten option – ciabatta is replaced with GF focaccia. Set oven to 220°C. Place focaccia on oven rack and toast for 10 minutes until crunchy on the outside and warmed through on the inside. Slice to serve.



1. PREPARE THE VEGETABLES

Dice **onion**, **fennel** (see notes), **tomatoes** and **zucchini**.



2. SAUTÉ THE VEGETABLES

Heat a large pan with **olive oil** over medium-high heat. Add **prepared vegetables** to pan along with **crushed garlic**, **1 tbsp cumin** and **1 tsp fennel seeds**. Cook for 5 minutes.

6P – season with 1 1/2 tbsp cumin and 1 1/2 tsp fennel seeds.



3. SIMMER THE VEGETABLES

Stir in **stock paste**, **1/2 tbsp flour** and **800ml water**. Cover and simmer for 15 minutes.

6P – use 1 tbsp flour and 1.2L water.



4. TOAST THE BREAD

Meanwhile, heat a griddle pan over high heat (see notes). Slice **ciabatta loaf** and coat each side with **olive oil**. Toast **slices** on griddle for 1 minute each side until charred. Set aside.



5. 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**.

6P – add zest and juice from 1 lemon, and wedge 1 lemon.



6. FINISH AND SERVE

Divide **lemon fasolada** among shallow bowls. Garnish with **chopped dill** and drizzle with **olive oil**. Serve with **ciabatta bread**.

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