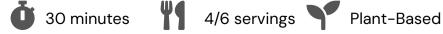






Lemon Greek Fasolada

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







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!

TOTAL FAT CARBOHYDRATES

57g 4/6 Person:

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
FENNEL	1	1
TOMATOES	3	4
ZUCCHINI	1	2
GARLIC CLOVES	2	3
STOCK PASTE	1 jar	1 jar
FLATBREAD (GF)	2	3
TINNED CANNELLINI 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, 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!



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1. SAUTÉ THE VEGETABLES

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

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

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



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.

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



2. SIMMER THE VEGETABLES

Stir in stock paste, 1/2 tbsp flour and 800ml water. Increase heat to mediumhigh, cover and simmer for 15 minutes.

6P - use 1 tbsp flour and 1.2L water.



3. TOAST THE FLATBREAD

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



5. FINISH AND SERVE

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

