



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



Butter Bean Cacciatore with Baked Polenta

A rustic tomato and rosemary bean stew simmered with capsicum, carrot and capers, spooned over golden baked polenta for a hearty, Italian-inspired meal



40 minutes



Plant-Based



2 servings

Skip it!

If you want to reduce the amount of dishes to wash, you can skip baking the polenta. Serve creamy polenta in bowls and spoon over cacciatore.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	4g	104g

FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
CARROT	1
GARLIC CLOVES	2
ROSEMARY SPRIGS	2
CAPERS	1 jar
CHERRY TOMATOES	200g
INSTANT POLENTA	125g
BUTTER BEANS	400g
TOMATO PASTE	1 sachet
CHOPPED TOMATOES	400g
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

For extra oomph add olives to the cacciatore and garnish the finished dish with dried chilli flakes.



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1. PREPARE THE INGREDIENTS

Set oven to 250°C. Bring a saucepan with **650ml water** to the boil.

Slice **onion** and **capsicum**, dice **carrot**, crush **garlic**, finely chop **rosemary leaves**, drain **capers**, and rinse **cherry tomatoes**.



4. SAUTÉ THE INGREDIENTS

Heat a large frypan over medium-high heat with **oil**. Add **onion**, remaining **garlic** and **rosemary**. Sauté for 3-4 minutes until **onion** has softened. Add **capsicum** and **tomato paste**, sauté for further 1 minute.



2. COOK THE POLENTA

Gradually pour **polenta** into boiling water, whisking continuously until thickened. Remove from heat. Add **1/3 rosemary leaves, 1/3 garlic, salt and pepper**.



5. SIMMER THE CACCIATORE

Add **cherry tomatoes, carrot, beans** (including liquid), and **chopped tomatoes**. Simmer, semi-covered, for 15 minutes until thickened and **carrot** is tender. Add **capers** and season with **2-3 tsp vinegar, salt and pepper**.



3. BAKE THE POLENTA

Line an oven tray and drizzle with **oil**. Tip **polenta** onto tray and spread out to 2cm thickness. Drizzle with **oil** and bake for 15-20 minutes or until golden and crispy on top.



6. FINISH AND SERVE

Finely chop **parsley**, including tender stems.

Divide **polenta** among shallow bowls. Spoon over **cacciatore** and garnish with **parsley** (see notes).

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