



Product Spotlight: Kale

Kale can dehydrate quickly in the fridge. Trim and place in a bowl of water in the fridge to store or rehydrate.



Greek Style Cheesy Baked Beans

A hearty, one-pan dish inspired by classic Greek flavours. Butter beans and kale simmered in a tomato base with capsicum, garlic, topped with melty almond cheddar and baked until golden.



35 minutes



Plant-Based



2 servings

Switch it up!

You can make jacket potatoes with the bean filling instead, or cut the potatoes into wedges to make cheesy loaded wedges.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	17g	44g

FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
SHALLOT	1
YELLOW CAPSICUM	1
MEDITERRANEAN SPICE MIX	11g
KALE	4 leaves
TINNED BUTTER BEANS	400g
TOMATO PASTE	1 sachet
ALMOND CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, maple syrup (or sweetener of choice)

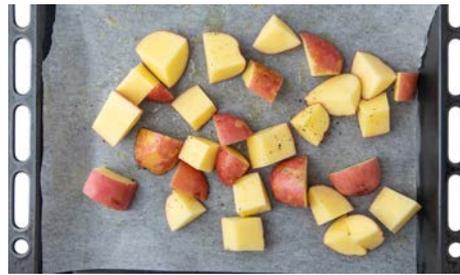
KEY UTENSILS

oven proof frypan (see notes), oven tray

NOTES

You can transfer the beans to an oven dish if you don't have an oven proof frypan.

Mediterranean spice mix – ground cinnamon, dried oregano, ground paprika, garlic powder.



1. COOK THE POTATOES

Set oven to 220°C.

Dice **potatoes** and toss on a lined oven tray with **1/2 lemon zest** (wedge remaining), **oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and cooked through.



4. BAKE THE BEANS

Grate **almond cheddar** and sprinkle over the top (see notes). Bake for 10–12 minutes, or until **cheese** has melted and top is golden.



2. SAUTÉ THE AROMATICS

Heat **1 tbsp olive oil** in an ovenproof frypan over medium heat. Finely slice **shallot** and slice **capsicum**. Add to pan with **Mediterranean spice mix**. Sauté for **3–4 minutes** until softened and fragrant.



5. FINISH AND SERVE

Serve **baked beans** at the table with **lemon wedges** and side of **potatoes**.



3. ADD KALE AND BEANS

Roughly shred **kale leaves**. Add to pan with **drained butter beans** and **tomato paste**. Cook for 2–3 minutes until **kale** has wilted. Stir in **1 tsp maple syrup**, **1 cup water** and **1 tbsp olive oil**. Season with **salt and pepper**.

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