



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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

 4/6 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
4/6 Person:	27g/32g	4g	121g/139g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
GREEN CAPSICUM	1	2
CARROTS	2	3
GARLIC CLOVES	3	4
ROSEMARY SPRIGS	3	4
CAPERS	1 jar	1 jar
CHERRY TOMATOES	2x 200g	3x 200g
INSTANT POLENTA	250g	250g + 125g
BUTTER BEANS	2x 400g	3x 400g
TOMATO PASTE	1 sachet	2 sachets
CHOPPED TOMATOES	400g	2x 400g
PARSLEY	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, 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.



1. PREPARE THE INGREDIENTS

Set oven to 250°C. Bring a saucepan with **1.3L water** to a boil.

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

6P – bring 1.9L water to a boil.



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 **1 tbsp vinegar, salt and pepper**.

6P – season with 1 1/2 tbsp vinegar.



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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