



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



**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

 4/6 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
	22g	15g/12g	48g/52g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
LEMON	1	1
SHALLOTS	2	2
YELLOW CAPSICUM	1	2
MEDITERRANEAN SPICE MIX	23g	23g + 11g
KALE	1 bunch	1 bunch
TINNED BUTTER BEANS	2 x 400g	3 x 400g
TOMATO PASTE	2 sachets	3 sachets
ALMOND CHEDDAR CHEESE	1 packet	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.

6P – use whole lemon zest.



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

6P – use 3 tbsp oil.



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 **2 tsp maple syrup**, **1 1/2 cups water** and **2 tbsp olive oil**. Season with **salt and pepper**.

6P – Stir in 1 tbsp maple syrup, 2 cups water and 3 tbsp olive oil.



5. FINISH AND SERVE

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

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Something not right? Text us on **0448 042 515** or email **hello@dinnertwist.com.au**

