



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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