




Product Spotlight: Sun Dried Tomatoes


Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Creamy Tuscan Butter Bean Stew

A comforting, creamy Tuscan-inspired stew filled with tender butter beans, sun-dried tomatoes, silverbeet, and fresh basil – served with golden toasted sourdough.

 30 minutes

 2 servings

 Vegetarian

Spice it up!

Add a crumbled stock cube to the stew for more depth, stir through grated parmesan or pecorino at the end for extra flavour.

Toss in a handful of olives or capers to contrast the creaminess with a briny kick.

Per serve: **PROTEIN** 20g **TOTAL FAT** 37g **CARBOHYDRATES** 71g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
GARLIC CLOVES	2
SILVERBEET	1 bunch
BUTTER BEANS	400g
SUN-DRIED TOMATOES	100g
TOMATO PASTE	1 sachet
SOUROUGH ROLLS	2-pack
LEMON	1
BASIL	1 packet
COOKING CREAM	300ml

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

Toast the bread in a sandwich press or the oven if preferred.



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1. PREPARE THE INGREDIENTS

Dice **onion** and **carrot**, crush **garlic**, chop or tear **silverbeet leaves**, and drain and rinse **beans**. Roughly chop **sun-dried tomatoes** as desired.



2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Add **onion** and sauté for 3 minutes to soften. Add **garlic**, **3 tsp dried oregano** and **tomato paste**. Sauté for 1 minute.



3. SIMMER THE STEW

Add **carrot**, **sun-dried tomatoes**, **beans** and **600ml water** to the saucepan. Simmer, semi-cover, for 15 minutes until carrot is tender.



4. TOAST THE BREAD

Slice **rolls**. Drizzle with **oil** and toast in a frypan over medium-high heat until golden (see notes).

While bread is toasting, **zest lemon** and wedge half. Thinly slice **basil leaves**.



5. ADD THE SILVERBEET

Add **silverbeet** and **cream** to the stew. Stir to combine. Cook for 2-3 minutes to wilt the silverbeet. Add **lemon zest and juice** from non-wedged half of lemon. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **stew** among shallow bowls. Garnish with **basil** and **lemon wedges** and serve with **bread**.

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