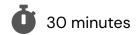






Creamy Tuscan Butter Bean Stew

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







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 TOTAL FAT CARBOHYDRATES

26g 33g

82g

FROM YOUR BOX

BROWN ONION	1
CARROT	1
GARLIC	2 cloves
SILVERBEET	1 bunch
BUTTER BEANS	400g
SUN-DRIED TOMATOES	100g
TOMATO PASTE	1 sachet
SOURDOUGH 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.





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 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. Stock cube



1. PREPARE THE INGREDIENTS

Dice onion and carrot, crush garlic, chop

or tear silverbeet leaves, and drain and

rinse beans. Roughly chop sun-dried

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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



