



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 4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	20g	23g/15g	72g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CARROTS	2	3
GARLIC CLOVES	3	4
SILVERBEET	1 bunch	1 bunch
BUTTER BEANS	2 x 400g	2 x 400g
SUN-DRIED TOMATOES	2 x 100g	2 x 100g
TOMATO PASTE	1 tub	1 tub
SOYDOUGH ROLLS	4	6
LEMON	1	2
BASIL	1 packet	2 packets
COOKING CREAM	300ml	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.



Scan the QR code to submit a Google review!



1. PREPARE THE INGREDIENTS

Dice **onion** and **carrots**, crush **garlic**, chop or tear **silverbeet leaves** (use to taste), and drain and rinse **beans**. Roughly chop **sun-dried tomatoes** as desired.



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.

6P - zest lemon and wedge 1. Toast bread in the oven if you prefer.



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**, **1 tbsp dried oregano** and **tomato paste**. Sauté for 1 minute.



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**.

6P - add lemon zest and juice from non-wedged lemon.



3. SIMMER THE STEW

Add **carrots**, **sun-dried tomatoes**, **beans** and **1.5L water** to the saucepan. Simmer, semi-cover, for 15 minutes until carrots are tender.

6P - add carrots, sun-dried tomatoes, beans and 1.75L water to the saucepan.



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

