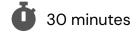


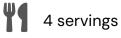




Creamy Tuscan Butter Bean Stew

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.

TOTAL FAT CARBOHYDRATES

25g

84g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
GARLIC	3 cloves
SILVERBEET	1 bunch
BUTTER BEANS	2x 400g
SUN-DRIED TOMATOES	250g
TOMATO PASTE	1 tub
SOUR BUTTON LOAF	1
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.







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.



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 oregano** and **tomato paste**. Sauté for 1 minute.



3. SIMMER THE STEW

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



4. TOAST THE BREAD

Slice **bread**. 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



