




Product Spotlight: Green Beans


Green beans are full of cholesterol-lowering soluble fibre as well as vitamins and minerals for healthy eyes and bones!



1 Tomato Stew with Arancini

Rich tomato stew with vegetables, served with pumpkin and thyme arancini from The Gluten Free Lab.

 30 minutes

 2 servings

 Plant-Based

15 October 2021

Soup it up!

Turn the tomato stew into a soup. Add extra water and seasoning to your taste and serve with arancini.

Per serve: **PROTEIN** 14g **TOTAL FAT** 17g **CARBOHYDRATES** 74g

FROM YOUR BOX

RED ONION	1/2 *
ZUCCHINI	1/2 *
TOMATOES	2
GREEN CAPSICUM	1/2 *
GARLIC CLOVES	1
TOMATO PASTE	1 sachet
PUMPKIN AND THYME ARANCINI	1 packet
GREEN BEANS	1/2 bag (75g) *
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried thyme, dried chilli flakes (optional), 1 stock cube

KEY UTENSILS

oven tray, frypan

NOTES

For a milder stew, replace the chilli flakes with ground or smoked paprika.



1. PREPARE VEGETABLES

Slice red onion and zucchini. Roughly chop tomatoes and capsicum. Crush garlic clove.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add onion, garlic, tomato paste, and **2 tsp thyme** to pan. Cook, stirring, for 2 minutes.



3. ADD THE VEGETABLES

Add remaining prepared vegetables to pan. Cook for 2 minutes. Pour in **1 cup water** and crumble in **stock cube**. Simmer, semi-covered for 15 minutes.



4. BAKE THE ARANCINI

Set oven to 220°C.

Place arancini on a lined oven tray. Bake for 10-15 minutes until heated through.



5. ADD THE GREEN BEANS

Trim and slice green beans and add to pan. Cook for 2 minutes. Add **1/2-1 tsp chilli flakes** and season with **salt and pepper** to taste.



6. FINISH AND PLATE

Roughly chop parsley leaves. Spoon tomato stew into bowls. Top with arancini and garnish with parsley.

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**

