



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Baby Spinach

Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



1 Butter Bean Stew with Rosemary & Thyme

A creamy bean stew with pumpkin, rosemary and tomatoes finished with a fresh burst of lemon.



30 minutes



2 servings



Plant-Based

9 November 2020

Mix it up!

You can transform this dish into a bean salad instead. Roast the pumpkin and tomatoes, toss with beans and spinach. Make a dressing from the lemon juice to toss through.

Per serve: **PROTEIN** 15g **TOTAL FAT** 34g **CARBOHYDRATES** 59g

FROM YOUR BOX

SHALLOT	1
ROSEMARY STALK	1
CHERRY TOMATOES	1 bag (200g)
BUTTERNUT PUMPKIN	1/2 *
VEGGIE STOCK PASTE	1 jar
GREEN BEANS	1 bag (150g)
LEMON	1/2 *
WHITE BUTTER BEANS	400g
BABY SPINACH	1/2 bag (60g) *
CASHEW CREAM CHEESE	2 tbsp *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, pepper, dried thyme

KEY UTENSILS

large frypan with lid

NOTES

If you prefer to cook your green beans you can slice them and add to the stew instead.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **2 tbsp olive oil**. Slice and add shallot. Chop rosemary leaves to yield 1 tsp. Halve tomatoes and dice pumpkin (3cm). Add to pan as you go.



2. SIMMER THE VEGETABLES

Stir in **1/2 tsp dried thyme** and stock paste. Add **2 cups water**. Increase heat to medium-high, cover and simmer for 15 minutes until pumpkin is tender (see step 4).



3. PREPARE GREEN BEANS

Trim and thinly slice green beans (see notes). Toss with 1 tbsp lemon juice and **2 tsp olive oil**. Set aside.



4. ADD BUTTER BEANS

Take pan off heat. Drain and rinse butter beans. Add to stew with baby spinach and 2 tbsp cashew cream cheese. Stir to combine and season with **pepper**.



5. FINISH AND PLATE

Divide stew among bowls and garnish with green beans.

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

