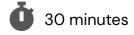
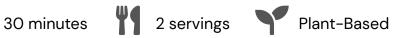


# Lemon & White Bean Stew

A fresh lemon stew with garlic, white sweet potatoes and creamy cannellini beans, finished with a drizzle of pesto sauce.







Add fresh herbs from the garden such as chopped rosemary or parsley. Add a bay leaf to the stew as it simmers, for added depth of flavour. Stretch the dish and serve with crusty bread on the side.

TOTAL FAT CARBOHYDRATES

38g

76g

#### FROM YOUR BOX

GARLIC	2 cloves
SPRING ONION	1
CELERY STICKS	2
WHITE SWEET POTATO	400g
CARROT	1
ZUCCHINI	1/2 *
DASHI BROTH	1/2 jar (125ml) *
CANNELLINI BEANS	400g
LEMON	1
	1/3 jar *
PESTO	i/S jar

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried thyme

#### **KEY UTENSILS**

large frypan with lid

#### **NOTES**

If you prefer more broth in your stew, stir in extra water after simmering and season to taste.



## 1. SAUTÉ THE AROMATICS

Heat a frypan over medium heat with oil. Add 2 crushed garlic cloves. Slice and add spring onion and celery along with 1 tsp dried thyme. Cook for 2-3 minutes until fragrant.



## 2. ADD THE VEGETABLES

Dice sweet potato, carrot and zucchini. Add to pan along with broth, drained beans and **2 cups water**. Cover and simmer for 15–20 minutes or until sweet potato is soft.



### 3. MAKE PESTO DRESSING

Zest lemon and set aside. Combine 1/2 lemon juice with pesto (1/4 cup) and 2 tbsp olive oil. Season with salt and pepper.



## 4. FINISH AND PLATE

Stir lemon zest (to taste) into stew. Season with **salt and pepper**. Divide among bowls and drizzle with pesto dressing. Serve with lemon wedges on the side.





