



Product Spotlight: Capsicum

An excellent source of vitamin C, needed for growth & repair of body tissues. It also helps make collagen, giving our skin strength & elasticity, along with replacing dead skin cells.



3 Spanish Bean and Mushroom Stew

A hearty stew of mushrooms, cannellini beans, vegetables and fresh parsley.

 30 mins

 2 servings

 Plant-Based

4 June 2021

Spice it up!

Instead of adding the liquid of your beans to the stew, use it to make capsicum aioli for a topping. Blend together roasted capsicum and bean liquid, then with the blender still running, slowly add 1 cup of neutral oil, salt and pepper.

Per serve: **PROTEIN** 30g **TOTAL FAT** 3g **CARBOHYDRATES** 85g

FROM YOUR BOX

RED CAPSICUM	1
BROWN ONION	1
CARROT	1
MUSHROOMS	300g
POTATOES	200g
SUN-DRIED TOMATOES	1/2 packet *
CANNELLINI BEANS	1 tin
STOCK JAR	1
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, smoked paprika

KEY UTENSILS

saucepan with lid, oven tray

NOTES

While charring the capsicum in the oven (or on a bbq) does give it lovely flavour, you can skip this step, roughly chopping the capsicum and sautéing it with the other vegetables instead.



1. CHAR THE CAPSICUM

Set oven to 250°C.

Place capsicum on a roasting tray and roast for 20–25 minutes, until skin begins to turn black (see notes).



2. PREPARE INGREDIENTS

Dice onion and carrot, slice mushrooms. Roughly dice potatoes.



3. SAUTÉ VEGETABLES

Heat a large saucepan over medium–high heat with **oil**. Add mushrooms with **1 tsp paprika**, sauté for 1–2 minutes. Add onions and carrot, cook stirring for 3–4 minutes.



4. SIMMER THE STEW

To the pan, add potatoes, sun-dried tomatoes, cannellini beans (including water), stock and **2 cups water**. Simmer for 15–20 minutes until potatoes are soft.



5. PREPARE GARNISH

Remove the seeds from the roasted capsicum, roughly chop and stir through stew. Roughly chop the parsley.



6. FINISH AND PLATE

Divide even amounts of stew among bowls, garnish with chopped 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**

