



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: White Sweet Potato

These sweet potatoes have a deep purple skin and soft white flesh on the inside. It's milder than the orange sweet potato in flavour and slightly crumbly in texture.





Mix it up!

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.

3 Lemon & White Bean Stew

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

 30 minutes

 2 servings

 Plant-Based

24 August 2020

Per serve: **PROTEIN** 14g **TOTAL FAT** 38g **CARBOHYDRATES** 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
PESTO	1/3 jar *

**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.

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

