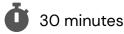


### **Product Spotlight: Green Beans**

Green beans are full of cholesterollowering soluble fibre as well as vitamins and minerals for healthy eves and bones!



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







15 October 2021

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 13g 17g 71g

Soup it up!

Turn the tomato stew into a soup. Add

and serve with arancini.

extra water and seasoning to your taste

#### FROM YOUR BOX

SPRING ONIONS	1/3 bunch *
TOMATOES	3
RED CAPSICUM	1
CELERY STICKS	2
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
PUMPKIN AND THYME ARANCINI	2 packets
GREEN BEANS	1/2 bag (125g) *
PARSLEY	1/2 bunch *



### **1. PREPARE VEGETABLES**

Roughly chop spring onions, tomatoes, capsicum and celery. Crush garlic cloves.



# 2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil.** Add spring onions, garlic, tomato paste, and **1 tbsp thyme** to pan. Cook, stirring, for 2 minutes.



### **3. SIMMER THE STEW**

Add remaining prepared vegetables to pan. Cook for 2 minutes. Pour in **11/2 cups water** and crumble in **stock cube.** Simmer, semi-covered for 15 minutes.

\*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, saucepan

#### NOTES

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



## **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 1-1/2 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.

