



Product Spotlight: Green Beans


Green beans are full of cholesterol-lowering soluble fibre as well as vitamins and minerals for healthy eyes and bones!



1 Tomato Stew with Arancini

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

 30 minutes

 4 servings

 Plant-Based

15 October 2021

Soup it up!

Turn the tomato stew into a soup. Add extra water and seasoning to your taste and serve with arancini.

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

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 *

**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.



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 **1 1/2 cups water** and crumble in **stock cube**. Simmer, semi-covered for 15 minutes.



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.

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**

