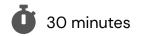




# **Butter Bean Stew** with Rosemary & Thyme

A creamy bean stew with pumpkin, rosemary and tomatoes finished with a fresh burst of lemon.







You can transform this dish into a bean salad instead. Roast the pumpkin and tomatoes, toss with beans and spinach. Make a dressing from the lemon juice to toss through.

TOTAL FAT CARBOHYDRATES PROTEIN

#### FROM YOUR BOX

| BROWN ONION         | 1                |
|---------------------|------------------|
| ROSEMARY STALK      | 1                |
| CHERRY TOMATOES     | 1 bag (400g)     |
| BUTTERNUT PUMPKIN   | 1/2 *            |
| VEGGIE STOCK PASTE  | 1 jar            |
| GREEN BEANS         | 1 bag (150g)     |
| LEMON               | 1/2 *            |
| WHITE BUTTER BEANS  | 2 x 400g         |
| BABY SPINACH        | 1/2 bag (100g) * |
| CASHEW CREAM CHEESE | 1/2 jar *        |
|                     |                  |

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

#### FROM YOUR PANTRY

olive oil, salt and pepper, dried thyme

#### **KEY UTENSILS**

large frypan with lid

#### **NOTES**

If you prefer to cook your green beans you can slice them and add to the stew instead.



# 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with 2 tbsp olive oil. Slice and add onion. Chop rosemary leaves to yield 1 tsp. Halve tomatoes and dice pumpkin (3cm). Add to pan as you go.



# 2. SIMMER THE VEGETABLES

Stir in 1 tsp dried thyme and stock paste. Add 3 1/2 cups water. Increase heat to medium-high, cover and simmer for 15 minutes until pumpkin is tender (see step 4).



# 3. PREPARE GREEN BEANS

Trim and thinly slice green beans (see notes). Toss with 1 tbsp lemon juice and 2 tsp olive oil. Set aside.



### 4. ADD BUTTER BEANS

Take pan off heat. Drain and rinse butter beans. Add to stew with baby spinach and cashew cream cheese. Stir to combine and season with salt and pepper.



# **5. FINISH AND PLATE**

Divide stew among bowls and garnish with green beans.



