




Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is actually a natural cross between broccoli and gai lan.



1 Crunchy Baked Bean Pie

A smokey bean pie with a rich tomato sauce, crumbed with cornflakes and cashew parmesan cheese.

 30 mins

 4 servings

 Plant-Based

22 March 2021

Mix it up!

If you like a little spice, you can add some dried chilli flakes to the beans for a kick! You could also chop the greens and cook in the pie if preferred!

Per serve: **PROTEIN** 13g **TOTAL FAT** 9g **CARBOHYDRATES** 51g

FROM YOUR BOX

BROWN ONION	1/2 *
CARROTS	2
ZUCCHINI	1
TOMATOES	2
BAKED BEANS	1 jar
TINNED BUTTER BEANS	400g
CORNFLAKES	1 packet (100g)
CASHEW PARMESAN	1 packet
SUGAR SNAP PEAS	1/2 bag (125g) *
BROCCOLINI	1 bunch

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

KEY UTENSILS

2 frypans, oven dish

NOTES

You can add some crushed garlic to the greens or a herb such as thyme for added flavour!



1. SAUTÉ THE VEGETABLES

Set oven to 200°C.

Heat a frypan over medium-high heat with **oil**. Dice onion, carrots, zucchini and tomatoes. Cook for 5 minutes until softened.



2. ADD THE BEANS

Stir through baked beans and butter beans and cook for a further 5 minutes until warmed through. Stir in **1/4 cup water** and season with **salt and pepper**.



3. BAKE THE PIE

Transfer bean mixture into an oven dish. Crush cornflakes to resemble a crumb. Combine with cashew parmesan and scatter over top. Bake in oven for 10 minutes until golden and crunchy.



4. COOK THE GREENS

Trim sugar snap peas. Trim and halve broccolini. Add to a second frypan with **1 tbsp olive oil** and **2 tbsp water**. Cook for 3-4 minutes until tender. Season with **salt and pepper**.



5. FINISH AND PLATE

Serve the baked bean pie at the table with side of sautéed greens.

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**

