




### 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.



## 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

 4 servings

 Plant-Based

24 August 2020

### 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.*

Per serve: **PROTEIN** 12g **TOTAL FAT** 20g **CARBOHYDRATES** 50g

## FROM YOUR BOX

GARLIC	2 cloves
SPRING ONIONS	1/4 bunch *
CELERY STICKS	2
WHITE SWEET POTATO	400g
CARROT	1
BROCCOLI	1
DASHI BROTH	1/2 jar (250ml) *
CANNELLINI BEANS	2 x 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 onions and celery along with **2 tsp dried thyme**. Cook for 2-3 minutes until fragrant.



### 2. ADD THE VEGETABLES

Dice sweet potato and carrot. Cut broccoli into florets. Add to pan along with broth, drained beans and **1 L 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](mailto:hello@dinnertwist.com.au)

