



Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



Cheesy Bean Bake with Tomato-Rubbed Focaccia

This veggie-packed bean bake is warming and wholesome! Plus, it's topped with shredded cheese and baked to melted cheesy perfection, then served with herby, tomato-rubbed focaccia rolls!



30 minutes



2 servings



Vegetarian

Switch it up!

Instead of adding cheese to the bean bake, use it to make cheesy focaccias!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	18g	50g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	2
ZUCCHINI	1
CARROT	1
TINNED CANNELLINI BEANS	400g
TOMATO PASSATA	1 jar
OREGANO	1 packet
FOCACCIA ROLLS	2-pack
BABY SPINACH	60g
SHREDDED CHEESE	1 packet
TOMATO	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried rosemary, 1 stock cube of choice

KEY UTENSILS

oven-proof frypan (see notes), oven tray

NOTES

If you don't have an oven-proof frypan, transfer the bean mix to an oven dish at step 4.

Is your butter still not soft? Use a vegetable peeler to peel ribbons of butter or a box grater to grate the butter into small pieces.

No gluten option – bread is replaced with GF Turkish rolls.



1. SAUTÉ THE AROMATICS

Set oven to 220° and bring **2 tbsp butter** to room temperature.

Heat an oven-proof frypan over medium-high heat with **oil**. Slice **onion** and add to pan with **1 1/2 tsp rosemary**. Sauté for 3 minutes. Crush **1 garlic clove** and grate **zucchini**. Add to pan and sauté for a further 5 minutes (see step 2).



2. ADD THE BEANS & SIMMER

While aromatics cook, dice **carrot** and drain and rinse **beans**. Add to frypan along with **tomato passata**, **stock cube** and **3/4 cup water**. Simmer for 15 minutes until **carrots** are tender.



3. PREPARE THE BREAD

Crush **1 garlic clove** and roughly chop **1/2 packet oregano**. Add to a bowl along with **softened butter** (see notes). Mix to combine. Halve **rolls** lengthways and spread with **garlic butter**. Place on a lined oven tray and bake for 5 minutes until toasted.



4. BAKE THE BEANS

Stir **baby spinach** through **beans** to wilt. Season to taste with **salt and pepper**. Top beans with **shredded cheese**. Bake in the oven for 5-8 minutes until **cheese** is melted and golden.



5. RUB THE TOMATO

Halve **tomato**. Rub cut-side of tomato on **toasted rolls**.



6. FINISH AND SERVE

Serve **cheesy bean** bake tableside along with **tomato-rubbed focaccia** rolls.



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