

**Product Spotlight:  
Cashew Nuts**

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches!



## Creamy Italian Beans

### with Herby Garlic Sourdough

This delicious one-pan meal features white beans, burst cherry tomatoes and spinach, cooked in a homemade cashew cream sauce and served with garlicky sourdough rolls and fresh basil. Comforting and packed with both protein and fibre!



35 minutes



2 servings



Vegetarian

## Stretch this dish!

*You can add diced sweet potatoes, pumpkin or broccoli to this dish alternatively serve over rice or quinoa to serve more people.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 50g     | 57g       | 175g          |

## FROM YOUR BOX

|                         |          |
|-------------------------|----------|
| RAW CASHEWS             | 40g      |
| SHALLOT                 | 1        |
| GARLIC CLOVES           | 2        |
| CHERRY TOMATO MEDLEY    | 1 packet |
| CHERRY TOMATOES         | 1 packet |
| SOURDOUGH ROLLS         | 2-pack   |
| BASIL                   | 20g      |
| PARMESAN CHEESE         | 1 bag    |
| TINNED CANNELLINI BEANS | 400g     |
| BABY SPINACH            | 60g      |



### 1. SOAK THE CASHEWS

Set oven to 220°C and boil the kettle.

Add the **cashews** to a heatproof bowl and cover with **3/4 cup hot water**. Set aside to soak.



### 2. SAUTÉ THE TOMATOES

Heat a pan with **2 tbsp olive oil** over medium heat. Chop and add **shallot** with 1 crushed **garlic clove** and **1 tsp oregano**. Cook for 3–4 minutes then add all **cherry tomatoes**, **1/2 cup water** and **1/2 stock cube**. Cover and simmer for 6–8 minutes.



### 3. PREPARE THE GARLIC BREAD

Slice **bread rolls** 3/4 way through. Crush 1 garlic clove and chop half the **basil**. Mix with **2 tbsp olive oil/butter** and a pinch of **salt**. Spread the garlic butter into the cuts and add **parmesan** (about 1/3 bag). Toast in the oven for 5–7 minutes.

## FROM YOUR PANTRY

olive oil for cooking, salt, pepper, dried oregano, 1 stock cube

## KEY UTENSILS

large pan with lid, oven tray, blender or stick mixer

## NOTES

Top the beans with remaining parmesan cheese and finish for 5 minutes in the oven for a golden cheesy top!

**No gluten option** – **sourdough rolls are replaced with GF flatbread**. Halve each bread through the middle to make 2 flatbreads. Spread with garlic mixture and toast as per recipe.



### 4. BLEND THE CASHEWS

Blend cashews and soaking water until smooth until a blender or stick mixer.



### 5. ADD THE BEANS & SPINACH

Lightly smash the tomatoes using your spatula. Drain and rinse **beans**, add to pan with cashew cream and cook for 5 minutes until reduced. Chop and add **spinach**, stir to wilt to your liking. Take off heat.



### 6. FINISH AND SERVE

Season the beans to taste with **salt and pepper**.

Serve at the table with cheesy garlic sourdough and garnish with remaining basil and parmesan cheese to taste.



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