



**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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	42g	35g	86g

## FROM YOUR BOX

RAW CASHEWS	40g
SHALLOT	1
GARLIC CLOVES	2
CHERRY TOMATO MEDLEY	200g
CHERRY TOMATOES	200g
SOURDOUGH ROLLS	2-pack
BASIL	20g
PARMESAN CHEESE	1 bag
TINNED CANNELLINI BEANS	400g
BABY SPINACH	60g

## FROM YOUR PANTRY

olive oil for cooking, salt, pepper, dried oregano, 1/2 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.



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### 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.



### 4. BLEND THE CASHEWS

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



### 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.



### 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.



### 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.



### 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.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

