

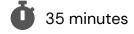




Creamy Italian Beans

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!





2 servings



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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

50g 57

57g

175g

FROM YOUR BOX

RAW CASHEWS	40g
RED ONION	1
GARLIC CLOVES	2
CHERRY TOMATO MEDLEY	1 packet
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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 over 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.





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 onion 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.



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.

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



