



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



4 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
	33g	31g	102g

FROM YOUR BOX

RAW CASHEWS	60g
RED ONION	1
GARLIC CLOVES	2
CHERRY TOMATO MEDLEY	1 packet
CHERRY TOMATOES	2 packets
SOUDDOUGH ROLLS	2-pack
BASIL	20g
PARMESAN CHEESE	1 bag
TINNED CANNELLINI BEANS	2 x 400g
BABY SPINACH	120g

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 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 **1 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 **2 tsp oregano**. Cook for 3-4 minutes then add all cherry tomatoes, **1/2 cup water** and **1 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**

