



### 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** 33g **TOTAL FAT** 31g **CARBOHYDRATES** 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



### 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.

## 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.



### 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.



Scan the QR code to  
submit a Google review!

**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**

