

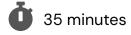




Creamy Italian Beans

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!





4 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.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

33g 31

31g

102g

FROM YOUR BOX

RAW CASHEWS	60g
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	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 over 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



