



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4/6 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
4/6 Person:	35g/29g	24g	70g/65g

## FROM YOUR BOX

	4 PERSON	6 PERSON
RAW CASHEWS	2 x 40g	3 x 40g
RED ONION	1	1
GARLIC CLOVES	2	4
CHERRY TOMATO MEDLEY	200g	2x 200g
CHERRY TOMATOES	2x 200g	3x 200g
SOUROUGH ROLLS	2	4
BASIL	20g	2 x 20g
PARMESAN CHEESE	1 bag	1 bag
TINNED CANNELLINI BEANS	2 x 400g	2 x 400g
BABY SPINACH	1 bag	1 bag

## 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 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 **1 1/2 cup hot water**. Set aside to soak.

**6P - use 2 1/4 cup hot water.**



### 2. SAUTÉ THE TOMATOES

Heat a pan with **2 tbsp olive oil** over medium heat. Chop and add **red 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.

**6P - use 2 garlic cloves and 3 tsp oregano.**



### 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.

**6P - use 2 garlic cloves, 1 packet basil, 4 tbsp oil/butter and 1/2 bag parmesan.**



### 4. BLEND THE CASHEWS

Blend **cashews** and soaking water until smooth using 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

