



# Butter Bean and Roasted Balsamic Pepper Stew with Pesto Bulgur and Greek Style Salad Cheese

18

**Rapid** 20 Minutes • 4 of your 5 a day • Veggie



Bell Pepper



Balsamic Glaze



Butter Beans



Bulgur Wheat



Vegetable Stock Paste



Garlic Clove



Tomato Passata



Mixed Herbs



Baby Spinach



Fresh Pesto



Greek Style Salad Cheese

**Pantry Items**

Oil, Salt, Pepper, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, baking tray, sieve, saucepan, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
Butter Beans	1 carton	1½ cartons	2 cartons
Bulgur Wheat <b>13)</b>	120g	180g	240g
Vegetable Stock Paste <b>10)</b>	20g	30g	40g
Garlic Clove**	1	2	2
Tomato Passata	1 carton	1 carton	1 carton
Mixed Herbs	1 sachet	1 sachet	2 sachets
Baby Spinach**	40g	75g	100g
Fresh Pesto** <b>7)</b>	32g	48g	64g
Greek Style Salad Cheese** <b>7)</b>	50g	75g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Bulgur*	240ml	360ml	480ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	10g	15g	20g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>507g</b>	<b>100g</b>
Energy (kJ/kcal)	2772 / 662	546 / 131
Fat (g)	19.2	3.8
Sat. Fat (g)	7.9	1.6
Carbohydrate (g)	92.2	18.2
Sugars (g)	15.5	3.1
Protein (g)	14.5	2.8
Salt (g)	4.66	0.92

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **10)** Celery **13)** Cereals containing gluten  
**14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


## Contact

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## Roast the Pepper

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- Halve the **bell pepper** and discard the core and seeds. Thinly slice, then chop the slices in half.
- Pop the **sliced pepper** onto a baking tray. Drizzle with **oil** and the **balsamic glaze**, season with **salt** and **pepper**, then toss to coat. When the oven is hot, roast on the top shelf until soft and slightly charred, 10-12 mins.
- Meanwhile, drain and rinse the **butter beans** in a sieve.



## Add the Spinach

- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **butter** (see pantry for amount) until melted.
- Season with **salt** and **pepper**.



## Cook the Bulgur

- Pour the **boiled water for the bulgur** (see pantry for amount) into a medium saucepan on high heat, then stir in the **bulgur wheat** and **half the veg stock paste**.
- Bring back to the boil and simmer for 1 min.
- Put a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



## Hey Pesto

- When the **bulgur** is ready, fluff up the grains with a fork and stir through **half the pesto**.



## Butter Bean Stew Time

- Heat a drizzle of **oil** in a large frying pan. Once hot, add the **garlic** and cook for 1 min.
- Add the **passata**, **butter beans**, **mixed herbs**, remaining **veg stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts). Bring to a boil, then reduce to a simmer.
- Simmer the **sauce** until thickened, 5-6 mins.



## Finish and Serve

- Share your **pesto bulgur** between your bowls.
- Top with the **butter bean stew** and **roasted balsamic pepper**.
- Crumble over the **Greek style salad cheese** and drizzle with the remaining **pesto**.

Enjoy!