



# Creamy Butter Bean and Pepper Rice Bowl

with Cheese and Pesto Drizzle

**Quick** 20 Minutes • 2 of your 5 a day • Veggie

18



Bell Pepper



Mixed Herbs



Basmati Rice



Garlic Clove



Butter Beans



Tomato Passata



Vegetable Stock Paste



Baby Spinach



Creme Fraiche



Grated Hard Italian Style Cheese



Pesto



Riced Cauliflower

### Pantry Items

Oil, Salt, Pepper, Sugar

### Make it Lower Carb

If you chose to make this recipe lower carb, then just follow the instructions on the back of this card.

Happy cooking!

## 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, saucepan, sieve, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Mixed Herbs	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Butter Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Baby Spinach**	40g	100g	100g
Creme Fraiche** <b>7</b>	75g	120g	150g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Pesto** <b>7</b>	32g	48g	64g
Riced Cauliflower**	250g	500g	500g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>485g</b>	<b>100g</b>	<b>535g</b>	<b>100g</b>
Energy (kJ/kcal)	2778 /664	573 /137	1829 /437	342 /82
Fat (g)	23.6	4.9	24.2	4.5
Sat. Fat (g)	11.2	2.3	11.3	2.1
Carbohydrate (g)	91.3	18.8	32.9	6.1
Sugars (g)	12.5	2.6	15.1	2.8
Protein (g)	22.0	4.5	18.3	3.4
Salt (g)	3.08	0.63	3.09	0.58

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

## Allergens

**7)** Milk **8)** Egg **10)** Celery

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Get the Veg On

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a half-full kettle.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then pop onto a large baking tray.
- Drizzle with **oil**, sprinkle over **half** the **mixed herbs**, then season with **salt** and **pepper**. Toss to coat.
- When the oven is hot, roast on the top shelf until tender, 12-15 mins.



## Simmer your Stew

- While everything cooks, heat a drizzle of **oil** in a large frying pan on medium heat.
- Once hot, add the **garlic** and cook, stirring, for 30 secs.
- Pour in the **tomato passata**, **veg stock paste**, **butter beans**, remaining **mixed herbs**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Stir to combine and bring to the boil, then lower the heat slightly and simmer until thickened, 4-5 mins.



## Cook the Rice

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

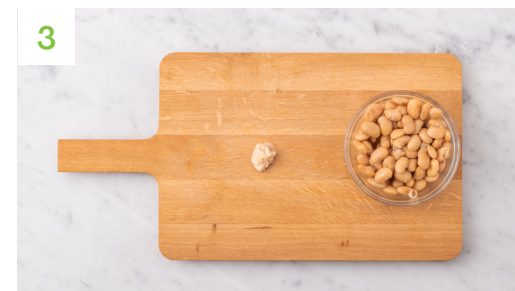
## Make it Higher Protein

If you've chosen the lower carb version, heat a medium frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **riced cauliflower** and cook until just soft, 3-4 mins. Season well with **salt** and **pepper**. Cover to keep warm until serving.



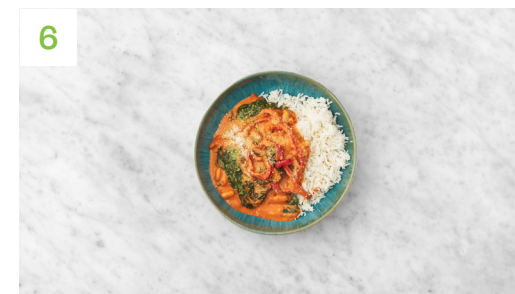
## Combine and Stir

- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Once roasted, add the **peppers** to the **sauce**.
- Stir the **creme fraiche** and **half** the **hard Italian style cheese** through the **sauce** and bring to the boil, then remove from the heat.
- Season to taste with **salt** and **pepper**.



## Finish the Prep

- In the meantime, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **butter beans** in a sieve.



## Finish and Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Spoon over the **saucy butter beans and peppers**.
- Drizzle over the **pesto** and sprinkle the remaining **cheese** on top to finish.

Enjoy!