



# Butter Bean and Mushroom Stew

with Soured Cream and Toasted Ciabatta

Calorie Smart 35 Minutes • Mild Spice • 3 of your 5 a day • Under 600 Calories • Veggie

23



Leek



Rosemary



Garlic Clove



Butter Beans



Sliced Mushrooms



Smoked Paprika



Finely Chopped Tomatoes with Onion and Garlic



Sun-Dried Tomato Paste



Vegetable Stock Paste



Baby Spinach



Ciabatta



Soured Cream

## Before you start

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

## Cooking tools

Garlic Press, Sieve, Saucepan with Lid, Measuring Jug, and Baking Tray.

## Ingredients

	2P	3P	4P
Leek**	1	1½	2
Rosemary**	½ bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Butter Beans	1 carton	1½ cartons	2 cartons
Sliced Mushrooms**	120g	180g	240g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Water for the Stock*	100ml	150ml	200ml
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Baby Spinach**	100g	150g	200g
Ciabatta <b>11) 13)</b>	2	3	4
Soured Cream** <b>7)</b>	75g	120g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>712g</b>	<b>100g</b>
Energy (kJ/kcal)	2244/536	315/75
Fat (g)	15	2
Sat. Fat (g)	5	1
Carbohydrate (g)	73	10
Sugars (g)	18	3
Protein (g)	23	3
Salt (g)	4.45	0.63

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 10) Celery 11) Soya 13) Gluten

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.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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## Get Prepped

Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **butter beans** in a sieve.



## Start the Stew

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once the **oil** is hot, add the **sliced leek** and **mushrooms**. Fry until the **leek** is soft and the **mushrooms** are browned, 5-6 mins. Add the **smoked paprika**, **garlic** and **rosemary**, then cook for 1 min.



## Build the Flavour

Pour in the **water for the stock** (see ingredients for amount), **chopped tomatoes**, **sun-dried tomato paste** and **veg stock paste**. Stir to combine. Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins, stirring occasionally. Meanwhile, set your grill to medium-high.



## Bring on the Beans

Once the **stew** has thickened, add the **butter beans** to the pan. Cover with a lid or some foil and simmer, 5 mins. After simmering, stir the **spinach** in a handful at a time until wilted and piping hot, 3-4 mins. Season to taste with **salt** and **pepper**.



## Toast the Ciabatta

Whilst the **stew** simmers, cut the **ciabatta** in half and lay on a baking tray, cut-side up. Drizzle with a little **olive oil**. Grill on the top shelf of your oven until toasted and golden, 3-5 mins.



## Finish and Serve

Share the **stew** between your bowls. Top each portion with a generous dollop of **soured cream** and serve the **ciabatta** on the side to mop up the **sauce**.

Enjoy!

Scan to get your exact PersonalPoints™ value



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