



Creamy Butter Bean and Pepper Stew

with Roasted Broccoli, Basmati Rice and Pesto Drizzle

18

Rapid 20 Minutes • 2 of your 5 a day • Veggie



Bell Pepper



Tenderstem® Broccoli



Italian Style Herbs



Basmati Rice



Garlic Clove



Butter Beans



Tomato Passata



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Fresh Pesto

Pantry Items

Oil, Salt, Pepper, Sugar

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
Tenderstem® Broccoli**	80g	150g	150g
Italian Style 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 (10)	10g	15g	20g
Crème Fraîche** (7)	75g	120g	150g
Grated Hard Italian Style Cheese** (7) (8)	20g	40g	40g
Fresh Pesto** (7)	50g	64g	100g
Pantry	2P	3P	4P
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 or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	479g 2919 /698	100g 610 /146
Fat (g)	28.1	5.9
Sat. Fat (g)	11.9	2.5
Carbohydrate (g)	91.8	19.2
Sugars (g)	11.4	2.4
Protein (g)	19.7	4.1
Salt (g)	2.66	0.56

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, 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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Get the Veg On

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

b) Halve the **pepper** and discard the core and seeds. Slice into thin strips, then pop onto one side of a large baking tray.

c) Halve any thick **broccoli stems** lengthways and add to the other side of the tray. **TIP:** Use two *baking trays if necessary*.

d) Drizzle with **oil**, sprinkle over **half** the **Italian style herbs**, then season with **salt** and **pepper**. Toss to coat.



Simmer your Stew

a) While everything cooks, heat a drizzle of **oil** in a medium frying pan on medium heat.

b) Once hot, add the **garlic** and cook, stirring, for 30 secs.

c) Pour in the **tomato passata**, **vegetable stock paste**, **butter beans**, remaining **Italian style herbs**, **sugar** and **water for the sauce** (see pantry for both amounts).

d) Stir to combine and bring to the boil, then lower the heat slightly and simmer until thickened, 4-5 mins.



Cook the Rice

a) When the oven is hot, roast the **veg** on the top shelf until tender, 12-15 mins.

b) Meanwhile, pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.

c) Add the **rice** and cook for 10-12 mins.

d) 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.



Combine and Stir

a) Once the **veg** has roasted, add the **peppers** to your **stew**, keeping the **broccoli** on the tray.

b) Stir the **crème fraîche** and **half** the **hard Italian style cheese** through the **stew** and bring to the boil, then remove from the heat.

c) Season to taste with **salt** and **pepper**.



Finish the Prep

a) In the meantime, peel and grate the **garlic** (or use a garlic press).

b) Drain and rinse the **butter beans** in a sieve.



Finish and Serve

a) Fluff up the **rice** with a fork and share between your bowls.

b) Spoon over your **butter bean stew** and top with the **roasted broccoli**.

b) Drizzle over the **pesto** and sprinkle the remaining **cheese** on top to finish.

Enjoy!