

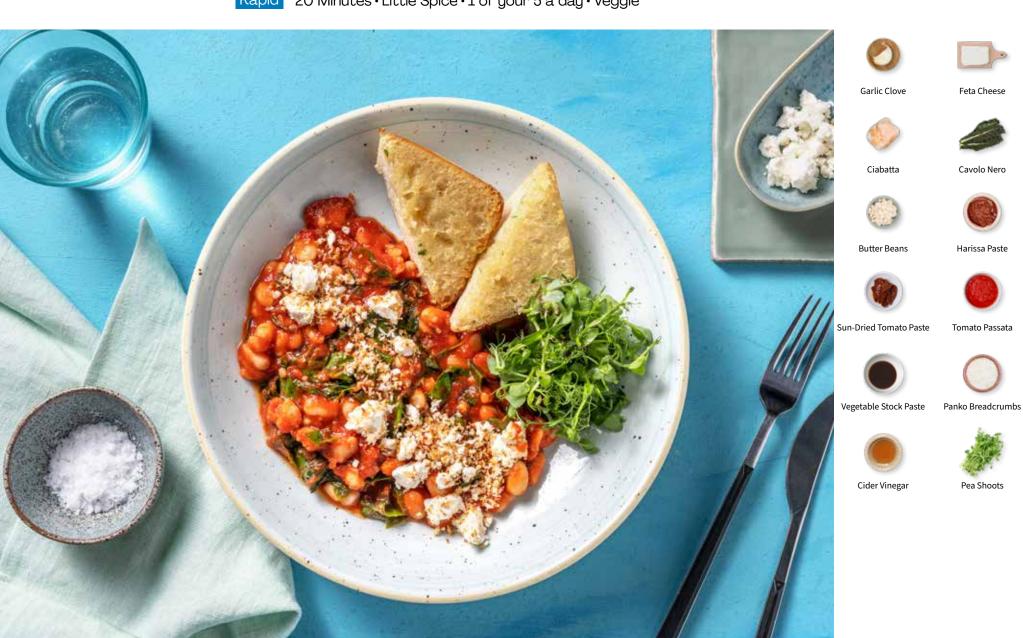
Harissa Spiced Butter Bean and Cavolo Nero Stew

21

with a Feta Crumb, Pea Shoot Salad and Garlic Ciabatta

Rapid

20 Minutes • Little Spice • 1 of your 5 a day • Veggie



Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Cutting Board, Knife, Saucepan, Sieve, Frying Pan, Bowl, Small Bowl and Baking Tray.

Ingredients

	2P	3P	4P
Garlic Clove	2	2	3
Feta Cheese 7)**	50g	75g	100g
Ciabatta 11) 13)	1	11/2	2
Cavolo Nero**	100g	150g	200g
Butter Beans	1 carton	1½ cartons	2 cartons
Harissa Paste	1 sachet	11/2 sachets	2 sachets
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	75ml	100ml	150ml
Panko Breadcrumbs 13)	25g	50g	50g
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Deressing*	1 tbsp	1½ tbsp	2 tbsp
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Pea Shoots**	40g	60g	80g
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	2370 /566	545 /130
Fat (g)	31	7
Sat. Fat (g)	7	2
Carbohydrate (g)	51	12
Sugars (g)	8	2
Protein (g)	19	4
Salt (g)	3.79	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

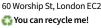
7) Milk 10) Celery 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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







Get Prepped

- a) Peel and grate the garlic (or use a garlic press).
- **b)** Crumble the **feta** into small pieces.
- c) Cut the ciabatta in half.



Fry Time

- **a)** Heat a drizzle of **oil** in a large saucepan on medium heat.
- **b)** When hot, add **half** the **garlic** and stir-fry until fragrant, 30 secs.
- c) Next, turn the heat up to high, add the cavolo nero and season with salt and pepper.
- **d)** Add 1 tbsp of **water** per person and steam-fry until tender, 3-4 mins.



Add the Beans

- **a)** Drain and rinse the **butter beans** in a sieve, then add them to the pan with the **cavolo nero**.
- b) Add the harissa paste, sun-dried tomato paste, tomato passata, vegetable stock paste and water for the sauce (see ingredients for amount). Stir to combine.
- **c)** Bring to the boil, then reduce the heat and simmer until the **sauce** has thickened, 3-4 mins.



Toast the Crumbs

- **a)** Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the **breadcrumbs** and fry, stirring regularly, until lightly toasted, 3-4 mins. TIP: Watch them like a hawk as they can burn easily.
- b) Once cooked, transfer the **toasted breadcrumbs** to a bowl and set aside. Season with **pepper** and mix in the **feta**.
- **c)** When the **bean** and **cavolo mixture** is ready, taste and add more **salt** and **pepper** if needed.



Garlic Bread Time

- **a)** Meanwhile, in a small bowl, combine the remaining **garlic** and the **olive oil** for the garlic bread (see ingredients for amount). Season with **salt** and **pepper**.
- **b)** Lay the **ciabatta** onto a baking tray, cut-side up. Spread the **garlic mixture** on top.
- **c)** Pop the **garlic bread** onto the middle shelf of your oven and toast until golden, 5-6 mins.



Finish and Serve

- a) Just before serving, pour the olive oil for the dressing (see ingredients for amount) and apple cider vinegar into a large bowl. Season with salt and pepper, mix well to combine. Add the pea shoots to the dressing bowl and toss to coat.
- **b)** Divide the **harissa spiced butter bean stew** between your plates.
- c) Sprinkle the feta crumb on top.
- **d)** Cut the **garlic bread** into triangles and serve along with the **pea shoot salad**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.