



# Harissa Spiced Cannellini Bean Stew

with garlic bread and golden fried cheese

20 – 25 mins • Veggie • Spicy

8



Bell Pepper



Cannellini Beans



Garlic



Parsley



Grilling Cheese



Harissa Paste



Chopped Tomato with Onion & Garlic



Baguette

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, sieve

## Ingredients

	2P	4P
Bell Pepper	1 unit	2 units
Cannellini Beans	1 pack	2 packs
Garlic	2 units	4 units
Parsley	5 g	10 g
Grilling Cheese	200 g	400 g
Harissa Paste	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Baguette	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>739 g</b>	<b>100 g</b>
Energy (kJ/kcal)	4305.3 kJ/ 1029 kcal	582.6 kJ/ 139.2 kcal
Fat (g)	38.8 g	5.3 g
Sat. Fat (g)	18.6 g	2.5 g
Carbohydrate (g)	109.5 g	14.8 g
Sugars (g)	22.3 g	3 g
Protein (g)	52.2 g	7.1 g
Salt (g)	8.6 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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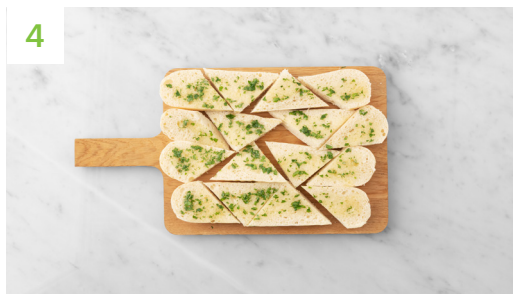


You can recycle me!



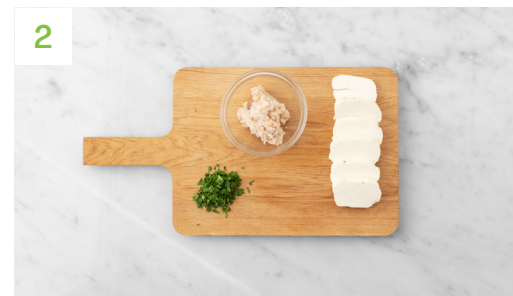
## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Pop the **pepper** onto a lined baking tray. Toss with **salt, pepper** and a drizzle of **oil**.
- Roast on the top shelf of your oven until soft and slightly charred, 15-18 mins.



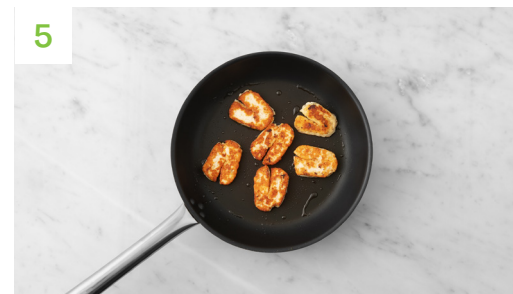
## Make the Garlic Bread

- While the stew simmers, mix the remaining **garlic** and **half the parsley** with 1 tbsp **oil** (per 2P) in a small bowl.
- Halve the **baguettes** lengthways.
- Using a spoon, rub the herby **garlic oil** over the cut sides of the **baguettes**.
- Cut the herby **baguettes** into triangles.



## Mash the Beans

- Meanwhile, drain and rinse the **cannellini beans** in a sieve.
- Transfer **one-third** to a bowl (reserving the rest) and mash with a fork.
- Roughly chop the **parsley** (stalks and all).
- Drain the **cheese** then cut into slices, three per person.
- Place the slices into a small bowl of cold **water** and leave to soak.



## Finishing Touches

- Add the **pepper** to the stew along with **harissa paste** and remaining **parsley**. Season to taste with **salt and pepper**.
- Pop the **garlic bread** onto the (now empty) baking tray. Cook on the top shelf of the oven until warmed through, 2-3 mins.
- Remove the **cheese** from the **water** and pat dry with kitchen paper.
- Place a pan (preferably non-stick) over medium-high heat with a drizzle of **oil**.
- Once hot, add the **cheese** and fry until golden, 2-3 mins each side.



## Start the Stew

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, stir in **half the garlic**. Cook until fragrant, 1 min.
- Add the **chopped tomatoes** and 50ml **water** (per 2P).
- Bring to a simmer, then leave to bubble for 5 mins.
- Add the whole and mashed **beans**. Cook until the stew has reduced slightly, 5-6 mins.

**TIP:** Add a splash of water to loosen the stew if necessary.



## Serve and Enjoy

- Spoon the hearty **harissa bean** stew into bowls.
- Carefully arrange the **cheese** slices on top.
- Serve the garlicy **baguette** on the side.

**Enjoy!**