



# Creamy Cauliflower & Cannellini Bean Gratin with Zucchini Salad

Grab your Meal Kit  
with this symbol



Cauliflower



Brown Onion



Thyme



Garlic



Cannellini Beans



Lemon



Zucchini



Bake-At-Home  
Ciabatta



Light Thickened  
Cream



Vegetable Stock



Grated Parmesan  
Cheese



Baby Spinach  
Leaves

Hands-on: **30-40** mins  
Ready in: **35-45** mins

Calorie Smart

In French cuisine, 'gratin' refers to a dish topped with a golden crust, giving a lovely crunch and a cheesy flavour to a meal. Tonight, it's all about that crust, with loads of Parmesan to seal the deal.

## Pantry items

Olive Oil, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium baking dish · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
brown onion	1	2
thyme	1 bunch	1 bunch
garlic	2 cloves	4 cloves
cannellini beans	1 tin	2 tins
lemon	½	1
zucchini	1	2
bake-at-home ciabatta	1	2
butter*	20g	40g
light thickened cream	1 packet (150ml)	2 packets (300ml)
vegetable stock	1 cube	2 cubes
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2718kJ (649Cal)	421kJ (100Cal)
Protein (g)	22.3g	3.5g
Fat, total (g)	35.9g	5.6g
- saturated (g)	19.7g	3.1g
Carbohydrate (g)	53.4g	8.3g
- sugars (g)	15g	2.3g
Sodium (mg)	1434mg	222mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the cauliflower

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower**, a **drizzle of olive oil** and a **pinch of salt and pepper** in a medium baking dish. Toss to coat. Roast until tender, **15-20 minutes**.



## 2. Get prepped

While the cauliflower is roasting, finely chop the **brown onion**. Pick and roughly chop the **thyme** leaves. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **cannellini beans**. Zest the **lemon** to get a **pinch** and cut into wedges. Thinly slice the **zucchini** into half-moons. Tear or cut the **bake-at-home ciabatta** into 1cm chunks and transfer to a medium bowl.



## 3. Make the creamy beans

Heat a large frying pan over a medium heat with the **butter** and a **drizzle of olive oil**. Add the **onions** and **thyme** (reserve a pinch for the bread topping) and cook, stirring regularly, until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **light thickened cream**, **cannellini beans**, **lemon zest** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to combine and simmer until slightly reduced, **1-2 minutes**.



## 4. Bake the gratin

Add the reserved **thyme**, a **generous drizzle of olive oil** and a **generous pinch of salt and pepper** to the bowl with the **bread chunks**. Toss to combine. Transfer the **creamy bean mixture** to the baking dish and stir to combine with the **cauliflower**. Top with the **bread topping** and sprinkle over the **grated Parmesan cheese**. Bake on the top rack until the bread is golden, **5-10 minutes**.



## 5. Cook the zucchini

While the gratin is baking, wash out the large frying pan. Return to a medium-high heat with a **drizzle of olive oil**. Add the **zucchini** and cook until tender, **5 minutes**. Transfer to a medium bowl. Add a **generous squeeze of lemon juice**, a **drizzle of olive oil**, the **baby spinach leaves** and a **pinch of salt and pepper**. Toss to combine.



## 6. Serve up

Divide the creamy cauliflower and cannellini bean gratin between plates. Serve with the zucchini salad.

**Enjoy!**