



Cooking Made Easy

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Cannellini Bean Toasts

with Roasted Broccolini

This dish is so quick and easy, it will become your go-to week-night meal. Garlicky beans and sweet caramelized onions are topped with crumbly goats cheese, all over warm ciabatta. We served it with roasted broccolini.

30 min

level 1

spicy

nut free

veggie



Cannellini Beans



Grape Tomatoes



Chili Flakes



Garlic



Lemon



Broccolini



Crumbled Goat Cheese



Oregano



Ciabatta



Red Onion

Ingredients

	2 Person	4 Person
Grape Tomatoes	1 bunch	2 bunches
Red Onion	1	2
Chili Flakes	1 t	2 t
Ciabatta Roll	1)	2
Garlic	2	4
Broccolini	1 bunch	2 bunches
Lemon	1	2
Cannellini Beans	1 can	2 cans
Crumbled Goat Cheese	2 oz	4 oz
Oregano	1 sprig	2 sprigs
Olive Oil*	2 T	4 T

*Not included

Allergens

1)Wheat

7)Milk

Nutrition per serving Calories: 569 | Carbs: 71g | Fat: 26g | Protein: 28g | Fiber: 24g



2



1 Preheat oven to 400 degrees. Halve the **tomatoes**. Mince or grate the **garlic**. Halve the **lemon**. Halve, peel, and thinly slice the **onion**. Chop the **oregano**. Drain and rinse the **beans**. Cut the bottom inch off of the **broccolini** and discard.

2 Toss the **broccolini** with 1 tablespoon **olive oil** and season with **salt** and **pepper**. Spread on a baking sheet and roast until crisp-tender, tossing halfway through cooking.

3



3 Meanwhile, heat 1 tablespoon **olive oil** in a non-stick pan over medium heat. Add the **onions** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened.

4 Add the **tomatoes** and cook for another 5 minutes, until they start to burst. Set aside.

5 Add the **cannellini beans** to the pan with **oregano**, **garlic**, and a pinch of **chili flakes**. Cook for a minute or two, until fragrant.

6 Halve the **ciabatta** lengthwise and toast it in the oven for about 4 minutes, until crispy.

7 Top with **tomato**, **onion**, and **cannellini beans**. Sprinkle **goat cheese** on top. Serve with **roasted broccolini** to the side with a squeeze of **lemon**.

Tip For a creamier texture, try mashing the beans with a fork with salt, pepper, and a squeeze of lemon. Then, spread onto the toast with tomatoes, onions, and goat cheese.

4

