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## Warming Boston Beans with Crusty Bread

We're cooking from scratch, we're cooking comfort food – Boston style. Folks there prefer no fuss and honest home cooking and so do we. It doesn't take much to whip up these rustic beans, and the paprika and sweet maple syrup are a match made in Massachusetts. See ya later tinned baked beans!



**Prep:** 15 mins

**Cook:** 30 mins

**Total:** 45 mins



level 1



vegan



one pot wonder

### Pantry Items



Olive Oil



Water



Brown Onion



Sweet Potato



Garlic



Paprika



Birdseye Chilli



Cannellini Beans



Maple Syrup



Diced Tomatoes



Tomato Paste



Rosemary



Baby Spinach



Bake-At-Home  
Torpedo Rolls

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QTY	Ingredients
1 tbs	olive oil *
1	brown onion, finely diced
800 g	sweet potato, peeled & diced 
2 cloves	garlic, peeled & crushed
1 tsp	paprika 
1	birdseye chilli, deseeded & finely sliced (optional) 
2 tins	cannellini beans, drained & rinsed
1 tin	diced tomatoes
1 tub	tomato paste
1 cup	water *
1 tbs	maple syrup or brown sugar *
1 bunch	rosemary, leaves picked & roughly chopped
1 bag	baby spinach, washed
5	bake-at-home torpedo rolls

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2220	Kj
Protein	21.1	g
Fat, total	11.2	g
-saturated	1.5	g
Carbohydrate	75.1	g
-sugars	22.5	g
Sodium	589	mg



**You will need:** *chef's knife, chopping board, sieve, medium saucepan with a lid, small jug, bowl, plate, large frying pan, spatula, and a medium saucepan.*

**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Heat the **olive oil** in a large pot or saucepan over a medium-high heat. Add the **brown onion** and cook for **2 minutes** or until soft then add the **sweet potato** and cook for **5-10 minutes** or until the vegetables have softened. Add the **garlic, paprika,** and **birdseye chilli** (leave it out if the kids don't like the heat and simply stir through your meal in step 5) and cook for a further **2 minutes**.

**3** Add the **cannellini beans, diced tomatoes, tomato paste, water, maple syrup** (or brown sugar), **rosemary** and season with **salt** and **pepper**. Reduce to a low-medium heat and simmer for **20-25 minutes**, or until all of the vegetables are tender. Add  $\frac{1}{2}$  cup of water if the mixture is too thick. Stir through the **baby spinach** in the last **2 minutes** of cooking until wilted.

**4** Meanwhile place the **bake-at-home torpedo rolls** in the oven for **5 minutes** to heat through.

**5** To serve, divide the beans between bowls and serve with the crusty bread rolls. Enjoy!



**Did you know?** Bostons beans are traditionally baked for hours, typically sweetened with molasses or maple syrup and smoky bacon.