



Butterbean & Mushroom Stew

with Baked Ciabatta

N° 8

BALANCED 35 Minutes • Under 600 Calories • 2 of your 5 a day • Veggie



Leek



Rosemary



Garlic Clove



Butterbeans



Sliced Mushrooms



Ground Coriander



Finely Chopped Tomatoes with Onion and Garlic



Sun-Dried Tomato Paste



Vegetable Stock Powder



Baby Spinach



Ciabatta



Half Fat Crème Fraîche

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Sieve, Large Saucepan, Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P
Leek**	1	1½	2
Rosemary**	½ bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Butterbeans	1 carton	1½ cartons	2 cartons
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Ground Coriander	1 bunch	¾ bunch	1 bunch
Water for Stock*	200ml	300ml	400ml
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	1 pot	1½ pots	2 pots
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 small bag	1 large bag
Ciabatta 11) 13)	2	3	4
Half Fat Crème Fraîche 7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	729g	100g
Energy (kJ/kcal)	2201 /526	302 /72
Fat (g)	14	2
Sat. Fat (g)	5	1
Carbohydrate (g)	72	10
Sugars (g)	19	3
Protein (g)	22	3
Salt (g)	4.00	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Prepped

Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **butterbeans** in a sieve.



2. Start The Stew

Heat a drizzle of **oil** in a large saucepan on a medium-high heat. Once hot, add **sliced leek** and **mushrooms**, cook until the **leek** is soft and the **mushrooms** browned, 5-6 mins. Next, add the **garlic**, **ground coriander** and **rosemary** and cook for 1 minute.



3. Add The Liquid

Next, add the **water** (see ingredients for amount), **chopped tomatoes**, **sun-dried tomato paste** and **veg stock powder**. Give the **mixture** a stir to dissolve the **stock powder**, and bring to the boil. Once boiling, turn the heat down and simmer until thickened 8-10 minutes, stir occasionally. Set your grill to a medium-high heat.



4. Finish The Stew

Once the **stew** has thickened, add the **butter beans** and cover with a lid or some foil. Cook for 5 mins, add the **spinach** a handful at a time, cook until wilted, 3-4 mins. Once cooked, season to taste with **salt** and **pepper**.



5. Toast The Ciabata

Whilst your **stew** is simmering, cut the **ciabatta** in **half** as though you're making a **sandwich** and put on a baking tray and drizzle with a little **olive oil**. Grill on the top shelf of your oven until they are toasted and golden 3-5 mins.



6. Time To Serve

Share the **stew** between your bowls. Top each portion with a generous dollop of **creme fraiche** and serve the **ciabatta** on the side to mop up the **sauce**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar

Featured Ingredient: Mushrooms belong to the fungi kingdom, and are very low in calories and fat. Mushrooms are rich in B vitamins. Mushrooms are a good source of riboflavin, Pantothenic and folate.