



TUSCAN-STYLE CANNELLINI BEANS

with Herby Roasted Potatoes and Mixed Greens



HELLO BEANS

Mediterranean spices enhance the flavour of these simple beans

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 437**



Yellow Potato



Onion, chopped



Garlic



Zucchini



Cannellini Beans



Mediterranean Spice Blend



Vegetable Broth Concentrate



White Wine Vinegar



Spring Mix



Grape Tomatoes

BUST OUT

- Baking Sheet
- Garlic Press
- Large Bowl
- Whisk
- Large Non-Stick Pan
- Measuring Spoons
- Strainer
- Sugar (1 tsp)
- Salt and Pepper
- Olive or Canola oil
- Measuring Cups

INGREDIENTS

2-person

- Yellow Potato 340 g
- Onion, chopped 56 g
- Garlic 10 g
- Zucchini 227 g
- Cannellini Beans 1 can
- Mediterranean Spice Blend 9 1 tbsp
- Vegetable Broth Concentrate 1
- White Wine Vinegar 9 1 tbsp
- Spring Mix 56 g
- Grape Tomatoes 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 160°F.



START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES
Wash and dry all produce.* Cut the potatoes in half lengthwise. On a baking sheet, toss the potatoes and **half the Mediterranean spice blend** with a drizzle of **oil**. Season with **salt and pepper**. Roast in the centre of the oven, flipping halfway through cooking, until the potatoes are golden-brown and tender, 25-28 min.



4 ADD CANNELLINI BEANS
Add the **garlic, cannellini beans, broth concentrate, ½ cup water** and **remaining Mediterranean spice blend** to the pan. Cook, stirring occasionally, until the bean mixture slightly thickens, 5-6 min.



2 PREP
Meanwhile, cut the **zucchini** into ½-inch cubes. Cut the **tomatoes** in half. Mince or grate the **garlic**. Drain and rinse the **cannellini beans**.



5 MAKE SALAD
Meanwhile, in a large bowl, whisk together **1 tbsp vinegar, 1 tsp sugar** and **2 tbsp oil**. Season with **salt and pepper**.



3 COOK VEGGIES
Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **onions and zucchini**. Cook, stirring occasionally, until the veggies soften, 3-4 min. Season with **salt and pepper**.



6 FINISH AND SERVE
Add the **spring mix and tomatoes** to the large bowl with the dressing and toss together. Divide the **roasted potatoes, cannellini beans** and **salad** between plates.

WARM!

Roasted potatoes and creamy beans come together to create a satisfying veggie dish!

