



One-Pot BBQ Baked Beans & Sweetcorn

with Cheese, Jalapeños & Herby Garlic Bread

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Parsley



Cannellini Beans



Sweetcorn



Soffritto Mix



All-American Spice Blend



Diced Tomatoes With Garlic & Onion



BBQ Sauce



Cheddar Cheese



Bake-At-Home Ciabatta



Pickled Jalapeños (Optional)



Mild Chorizo

Prep in: 35-45 mins
Ready in: 40-50 mins

These baked beans really live up to their name, both with their time in the oven where all the flavours mix and mingle into a moreish taste sensation and with the gooey cheese, which you can mop up with the perfectly chewy ciabatta garlic bread.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large ovenproof saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
parsley	1 packet	1 packet
cannellini beans	1 medium packet	2 medium packets
sweetcorn	1 medium tin	1 large tin
soffritto mix	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 packet	2 packets
salt*	¼ tsp	½ tsp
BBQ sauce	1 medium packet	2 medium packets
water*	⅓ cup	⅔ cup
Cheddar cheese	1 large packet	2 large packets
bake-at-home ciabatta	1	2
butter*	30g	60g
pickled jalapeños (optional)	1 medium packet	1 large packet
mild chorizo**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2943kJ (703Cal)	445kJ (106Cal)
Protein (g)	25.5g	3.9g
Fat, total (g)	24.7g	3.7g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	83.5g	12.6g
- sugars (g)	29.3g	4.4g
Sodium (mg)	2676mg	404mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4357kJ (1041Cal)	554kJ (132Cal)
Protein (g)	46g	5.8g
Fat, total (g)	52.6g	6.7g
- saturated (g)	22.1g	2.8g
Carbohydrate (g)	85g	10.8g
- sugars (g)	30.8g	3.9g
Sodium (mg)	4034mg	513mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**.
- Roughly chop **parsley**.
- Drain and rinse **cannellini beans**.
- Drain **sweetcorn**.

Custom Recipe: If you've added mild chorizo, roughly chop chorizo and only drain and rinse half of the cannellini beans.



Bake the beans

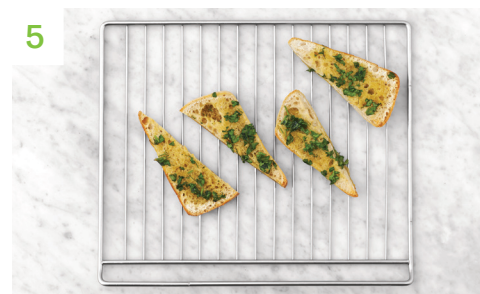
- Sprinkle evenly with **Cheddar cheese** and cover with a lid or foil.
- Bake until thickened and cheese is melted, **10-12 minutes**.



Cook the veggies

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix** and **sweetcorn**, stirring, until softened, **6-7 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: Cook chorizo with the veggies, until golden, 7-8 minutes. Continue with step.



Make the garlic bread

- Meanwhile, slice **bake-at-home ciabatta** in half lengthways, then slice each half diagonally across.
- Place the **butter** and remaining **garlic** in a small heatproof bowl. Microwave in **10 second** bursts until melted. Stir through half the **parsley**. Season with **salt** and **pepper**.
- Brush **garlic butter** over the cut-side of **ciabatta slices**.
- Place **ciabatta slices** directly on a wire rack in the oven. Bake until golden, **5 minutes**.



Add the beans & sauce

- Add **cannellini beans** and **All-American spice blend** to the pan. Cook until fragrant, **1 minute**.
- Add **diced tomatoes with garlic & onion**, the **salt**, **BBQ sauce** and the **water**. Cook, stirring, until well combined, **2-3 minutes**. Season with **pepper**.



Serve up

- Divide BBQ baked beans between bowls.
- Garnish with remaining parsley. Sprinkle with **pickled jalapeños** (if using).
- Serve with herby garlic bread. Enjoy!

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