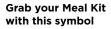


Cheese-Crusted Smokey Bean Pie

with Garden Salad









Sweet Potato





Brown Onion





Capsicum







Parsley





Bake-At-Home



All-American

Spice Blend

Ciabatta





Smoked Paprika

Diced Tomatoes With Garlic & Olive Oil





Vegetable Stock

Shredded Cheddar Cheese





Tomato





Mixed Salad Leaves



Olive Oil, Butter, Brown Sugar, White Wine Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium baking dish · Large frying pan

Ingredients

ingredients		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
garlic	3 cloves	6 cloves
brown onion	1	2
capsicum	1	2
parsley	1 bag	1 bag
cannellini beans	1 tin	2 tins
bake-at-home ciabatta	1	2
butter*	20g	40g
All-American spice blend	1 sachet	2 sachets
smoked paprika	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box	2 boxes
brown sugar*	½ tsp	1 tsp
vegetable stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
carrot	1	2
tomato	1	2
white wine vinegar*	½ tsp	1 tsp
honey*	1/4 tsp	½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3370kJ (805Cal)	367kJ (88Cal)
Protein (g)	34.0g	3.7g
Fat, total (g)	26.4g	2.9g
- saturated (g)	12.2g	1.3g
Carbohydrate (g)	93.2g	10.2g
- sugars (g)	35.8g	3.9g
Sodium (g)	2730mg	298mg

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.



1. Roast the sweet potato

Preheat the oven to 240°C/220°C fan-forced. Cut the sweet potato (unpeeled) into 1cm chunks. Place the sweet potato, a drizzle of olive oil and a pinch of salt and pepper into the medium baking dish. Toss to coat. Roast until tender, 20-25 minutes.



2. Get prepped

While the sweet potato is roasting, finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. Thinly slice the **capsicum**. Finely chop the **parsley** leaves. Drain and rinse the **cannellini beans**. Tear or cut the **bake-at-home ciabatta** into 1cm chunks and transfer to a medium bowl.



3. Make the smokey beans

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the onion and capsicum and cook, stirring regularly, until softened, 5-6 minutes. Add the butter, All-American spice blend, smoked paprika and 1/2 the garlic and cook until fragrant, 1 minute. Add the diced tomatoes with garlic & olive oil, brown sugar, vegetable stock (1 cube for 2 people / 2 cubes for 4 people) and cannellini beans and stir to combine. Bring to a boil then remove from the heat.



4. Bake the pie

While the smokey beans are cooking, add 1/2 the parsley, the remaining garlic, a generous drizzle of olive oil and a pinch of salt and pepper to the bowl with the bread chunks. Toss to combine. Transfer the smokey bean mixture to the medium baking dish, then stir to combine with the sweet potato. Top with the bread chunks and sprinkle over the shredded Cheddar cheese. Bake on the top rack until the bread is golden, 6-10 minutes.



5. Make the garden salad

While the pie is baking, grate the carrot (unpeeled). Roughly chop the tomato. In a medium bowl, add the white wine vinegar, honey, olive oil (1/2 tbs for 2 people / 1 tbs for 4 people) and a pinch of salt and pepper and stir to combine. Add the mixed salad leaves, carrot, tomato and remaining parsley. Toss to combine.



6. Serve up

Divide the smokey baked bean pie between plates and serve with the garden salad.

Enjoy!