

CHEESY BBQ BAKED BEANS

with Crusty Garlic Bread





Cook garlic bread at home







Red Capsicum









Cannellini Beans







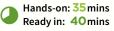




Shredded Cheddar Cheese



Ciabatta





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 cosy taste sensation, and with the gooey cheese topping that turns these beans into a hearty feast.

START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· large frying pan · medium baking dish · oven tray



Technical Preparation of the property of the parallel Preheat the oven to 220°C/200°C fanforced. Finely chop the brown onion. Finely chop the celery. Finely chop the red capsicum. Finely chop or grate the carrot (unpeeled). Finely chop the garlic (or use a garlic press). Roughly chop the parsley. Drain and rinse the cannellini beans.



2 SOFTEN THE VEGGIES

Heat a drizzle of olive oil in a large frying pan over a medium high heat. Add the onion, celery, capsicum and carrot and cook, stirring, until softened, 6-7 minutes. Add 1/2 the garlic and cook until fragrant, 1 minute.



ADD THE BEANS & SAUCE
Add the cannellini beans, All-American spice blend, tomato paste and BBQ sauce and stir to combine. Add the passata, salt and water and cook, stirring, until well combined, 2-3 minutes. Season to taste with pepper.



BAKE THE BEANS
Transfer the bean mixture to a medium baking dish, sprinkle with the shredded
Cheddar cheese and bake until thickened and the cheese is melted, 10-12 minutes.

TIP: For the low-calorie option, omit the cheese.



MAKE THE GARLIC BREAD
While the beans are baking, slice the
bake-at-home ciabatta in half lengthways,
then slice each half across the diagonal. Place
the butter and remaining garlic into a small
bowl and microwave in 10 second bursts or
until melted. Stir through 1/2 the parsley and
season with salt and pepper. Brush the garlicparsley butter over the cut-side of the ciabatta
pieces and place on an oven tray or directly on
the wire racks. Bake until golden, 5 minutes.

* TIP: If you don't have a microwave, melt the

butter in a small saucepan.



6 Garnish the cheesy BBQ baked beans with the remaining parsley. Divide between bowls and serve with the garlic bread.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
celery	1 stalk	2 stalks
red capsicum	1	2
carrot	1	2
garlic	4 cloves	8 cloves
parsley	1 bag	1 bag
cannellini beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
BBQ sauce	1 tub (40 g)	2 tubs (80 g)
passata	1 box (200 g)	2 boxes (400 g)
salt*	¼ tsp	½ tsp
water*	⅓ cup	⅔ cup
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
bake-at-home ciabatta	1	2
butter*	30 g	60 g

^{*}Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (521Cal)	355kJ (85Cal)
Protein (g)	16.5g	2.7g
Fat, total (g)	15.2g	2.5g
saturated (g)	8.9g	1.5g
Carbohydrate (g)	70.6g	11.5g
- sugars (g)	28.9g	4.7g
Sodium (g)	1800mg	293mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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2019 | WK13

