



CHEESY BBQ BAKED BEANS

with Crusty Garlic Bread



Cook garlic bread
at home



Brown Onion



Celery



Red Capsicum



Carrot



Garlic



Parsley



Cannellini Beans



All-American
Spice Blend



Tomato Paste



BBQ Sauce



Passata



Shredded Cheddar
Cheese



Bake-At-Home
Ciabatta

Hands-on: **35 mins**
Ready in: **40 mins**

Low calorie

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.

Pantry Staples: Olive Oil, Butter

BEFORE YOU 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**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. 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**.



3 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**.



4 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.



5 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 garlic-parsley 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 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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*	½ cup	¾ 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](https://www.hellofresh.com.au/foodinfo)

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