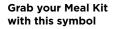
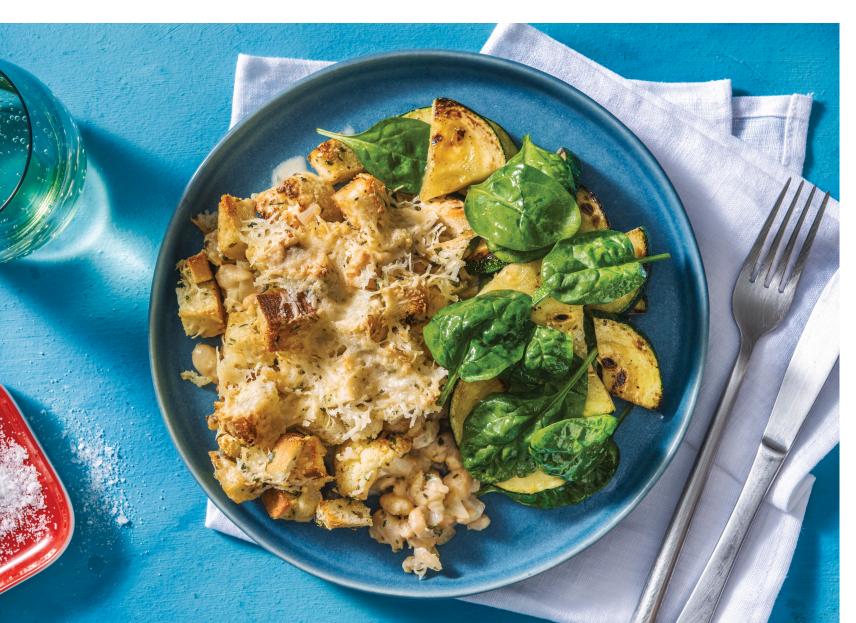


Creamy Cauliflower & Cannellini Bean Gratin

with Zucchini Salad









Cauliflower





Thyme











Cannellini Beans





Zucchini



Bake-At-Home Ciabatta



Light Thickened



Vegetable Stock



Grated Parmesan Cheese



Baby Spinach Leaves

Pantry items Olive Oil, Butter

Hands-on: 30-40 mins Ready in: 35-45 mins



In French cuisine, 'gratin' referes to a dish topped with a golden crust, giving a lovely crunch and a cheesy flavour to a meal. Tonight, it's all about that crust, with loads of Parmesan to seal the deal.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
brown onion	1	2
thyme	1 bunch	1 bunch
garlic	2 cloves	4 cloves
cannellini beans	1 tin	2 tins
lemon	1/2	1
zucchini	1	2
bake-at-home ciabatta	1	2
butter*	20g	40g
light thickened cream	1 packet (150ml)	2 packets (300ml)
vegetable stock	1 cube	2 cubes
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2718kJ (649Cal)	421kJ (100Cal)
Protein (g)	22.3g	3.5g
Fat, total (g)	35.9g	5.6g
- saturated (g)	19.7g	3.1g
Carbohydrate (g)	53.4g	8.3g
- sugars (g)	15g	2.3g
Sodium (mg)	1434mg	222mg

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 cauliflower

Preheat the oven to 240°C/220°C fan-forced. Cut the cauliflower into small florets. Place the cauliflower, a drizzle of olive oil and a pinch of salt and pepper in a medium baking dish. Toss to coat. Roast until tender, 15-20 minutes.



2. Get prepped

While the cauliflower is roasting, finely chop the **brown onion**. Pick and roughly chop the **thyme** leaves. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **cannellini beans**. Zest the **lemon** to get a **pinch** and cut into wedges. Thinly slice the **zucchini** into half-moons. Tear or cut the **bake-at-home ciabatta** into 1cm chunks and transfer to a medium bowl.



3. Make the creamy beans

Heat a large frying pan over a medium heat with the **butter** and a **drizzle** of **olive oil**. Add the **onions** and **thyme** (reserve a pinch for the bread topping) and cook, stirring regularly, until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **light thickened cream**, **cannellini beans**, **lemon zest** and crumbled **vegetable stock** (**1 cube for 2 people** / **2 cubes for 4 people**). Stir to combine and simmer until slightly reduced, **1-2 minutes**.



4. Bake the gratin

Add the reserved thyme, a generous drizzle of olive oil and a generous pinch of salt and pepper to the bowl with the bread chunks. Toss to combine. Transfer the creamy bean mixture to the baking dish and stir to combine with the cauliflower. Top with the bread topping and sprinkle over the grated Parmesan cheese. Bake on the top rack until the bread is golden, 5-10 minutes.



5. Cook the zucchini

While the gratin is baking, wash out the large frying pan. Return to a medium-high heat with a **drizzle** of **olive oil**. Add the **zucchini** and cook until tender, **5 minutes**. Transfer to a medium bowl. Add a **generous squeeze** of **lemon juice**, a **drizzle** of **olive oil**, the **baby spinach leaves** and a **pinch** of **salt** and **pepper**. Toss to combine.



6. Serve up

Divide the creamy cauliflower and cannellini bean gratin between plates. Serve with the zucchini salad.

Enjoy!