



# Harissa Spiced Cannellini Bean Stew

with garlic bread and golden fried cheese

Veggie 20-25 mins • Spicy

7



Bell Pepper



Cannellini Beans



Garlic



Parsley



Grilling Cheese



Harissa Paste



Chopped Tomato with Onion & Garlic



Baguette

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, sieve

## Ingredients

	2P	4P
Bell Pepper	1 unit	2 units
Cannellini Beans	1 pack	2 packs
Garlic	2 units	4 units
Parsley	5 g	10 g
Grilling Cheese	200 g	400 g
Harissa Paste	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Baguette	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>732.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	4033.4 kJ/ 964 kcal	550.6 kJ/ 131.6 kcal
Fat (g)	32.2 g	4.4 g
Sat. Fat (g)	17.6 g	2.4 g
Carbohydrate (g)	107.8 g	14.7 g
Sugars (g)	22.7 g	3.1 g
Protein (g)	52.6 g	7.2 g
Salt (g)	8.6 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.

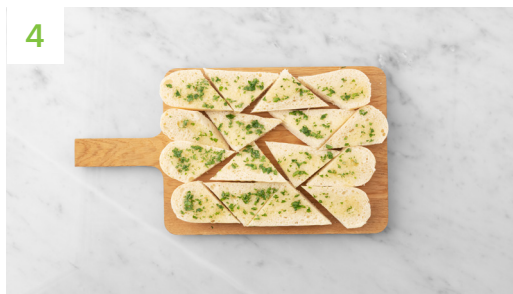


You can recycle me!



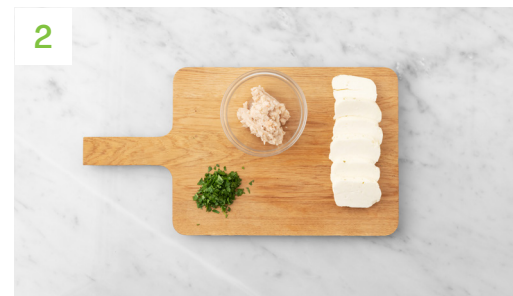
## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **pepper** and discard the core and seeds. Chop into 2 cm chunks.
- Pop the **pepper** onto a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Roast on the top shelf of your oven until soft and slightly charred, 15-18 mins.



## Make the Garlic Bread

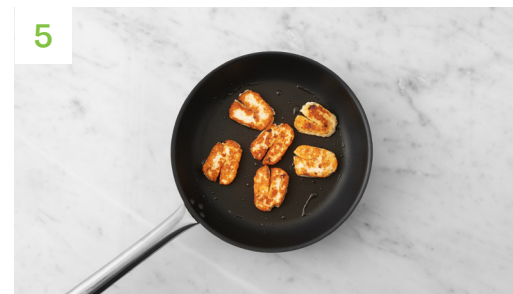
- While the stew simmers, mix the remaining **garlic** and **half the parsley** with 1 tbsp **oil** (double for 4p) in a small bowl.
- Halve the **baguettes** lengthways.
- Using a spoon, rub the herby **garlic oil** over the cut sides of the **baguettes**.
- Cut the herby **baguettes** into triangles.



## Mash the Beans

- Meanwhile, drain and rinse the **cannellini beans** in a sieve.
- Transfer one-third to a bowl (reserving the rest) and mash with a fork.
- Roughly chop the **parsley** (stalks and all).
- Drain the **grilling cheese** then cut into slices, 3 per person.
- Place the slices into a small bowl of cold **water** and leave to soak.

**TIP:** The mashed beans will add a nice thickness to the stew.



## Finish the Stew

- Stir the roasted **pepper** into the stew along with the remaining **parsley**. Season to taste with **salt** and **pepper**.
- Pop the **baguette** onto the (now empty) baking tray and cook on the top shelf of your oven until warmed through, 2-3 mins.
- Remove the **grilling cheese** slices from the cold **water** and pat dry with kitchen paper.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **cheese** and fry until golden, 2-3 mins each side.



## Start the Stew

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, stir in the **harissa paste** and **half the garlic**. Cook until fragrant, 1 min.
- Add the **chopped tomatoes** and 50ml **water** (double for 4p).
- Bring to a simmer, then leave to bubble for 5 mins.
- Add the whole and mashed **beans**. Cook until the stew has reduced slightly, 5-6 mins.

**TIP:** Add a splash of water to loosen the stew if required.



## Serve and Enjoy

- Spoon the hearty **harissa bean** stew into bowls.
- Carefully arrange the **grilling cheese** slices on top.
- Serve the garlicky **baguette** on the side.

**Enjoy!**