



Harissa Spiced Butter Bean and Cavolo Nero Stew

with Feta Crumb, Pea Shoot Salad and Garlic Ciabatta

Rapid 20 Minutes • Little Spice • 1 of your 5 a day • Veggie

18



Garlic Clove



Feta Cheese



Ciabatta



Cavolo Nero



Butter Beans



Harissa Paste



Sun-Dried
Tomato Paste



Tomato Passata



Vegetable Stock
Paste



Panko Breadcrumbs



Cider Vinegar



Pea Shoots

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Saucepan, Sieve, Frying Pan, Bowl and Baking Tray.

Ingredients

	2P	3P	4P
Garlic Clove**	2	2	3
Feta Cheese** 7)	50g	75g	100g
Ciabatta 11) 13)	1	1½	2
Cavolo Nero**	100g	150g	200g
Butter Beans	1 carton	1½ cartons	2 cartons
Harissa Paste	1 sachet	1½ sachets	2 sachets
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	75ml	100ml	150ml
Panko Breadcrumbs 13)	25g	50g	50g
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Pea Shoots**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	2477 /592	570 /136
Fat (g)	31	7
Sat. Fat (g)	7	2
Carbohydrate (g)	54	12
Sugars (g)	9	2
Protein (g)	20	5
Salt (g)	3.69	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

- Preheat the oven to 200°C.
- Peel and grate the **garlic** (or use a **garlic press**).
- Crumble the **feta** into small pieces.
- Cut the **ciabatta** in half.



Toast the Crumbs

- Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the **breadcrumbs** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.
- Once cooked, transfer the **toasted breadcrumbs** to a bowl and set aside. Season with **pepper** and crumble in the **feta**.
- When the **bean stew** is ready, taste and add more **salt** and **pepper** if needed.



Fry Time

- Heat a drizzle of **oil** in a large saucepan on medium heat.
- When hot, add **half** the **garlic** and stir-fry until fragrant, 30 secs.
- Next, turn the heat up to high, add the **cavolo nero** and season with **salt** and **pepper**. **TIP:** Discard any tough stalks from the cavolo nero.
- Add 1 tbsp of **water** per person and steam-fry until tender, 3-4 mins.



Garlic Bread Time

- Meanwhile, in a small bowl, combine the remaining **garlic** and the **olive oil for the garlic bread** (see ingredients for amount). Season with **salt** and **pepper**.
- Lay the **ciabatta** onto a baking tray, cut-side up. Spread the **garlic mixture** on top.
- Pop the **bread** onto the middle shelf of your oven and toast until golden, 5-6 mins.



Add the Beans

- Meanwhile, drain and rinse the **butter beans** in a sieve, then add them to the pan with the **cavolo nero**.
- Add the **harissa paste**, **sun-dried tomato paste**, **tomato passata**, **vegetable stock paste** and **water for the sauce** (see ingredients for amount). Stir to combine.
- Bring up to the boil, then reduce the heat and simmer until the **sauce** has thickened, 3-4 mins.



Finish and Serve

- Just before serving, pour the **olive oil for the dressing** (see ingredients for amount) and **apple cider vinegar** into a large bowl. Season with **salt** and **pepper**, mix well to combine. Add the **pea shoots** to the **dressing** bowl and toss to coat.
- Divide the **harissa spiced butter bean stew** between your bowls.
- Sprinkle the **feta crumb** on top.
- Cut the **garlic bread** into triangles and serve alongside with the **pea shoot salad**.

Enjoy!