## Italian Style Butter Bean Hotpot <br> with Creamy Potato Top and Tenderstem ${ }^{\circledR}$

Classic $35-40$ Minutes $\cdot 3$ of your 5 a day $\cdot$ Veggie



Potatoes


Italian Olives


Finely Chopped Tomatoes with Basil


Vegetable Stock Paste


Grated Hard Italia Style Cheese


## Pantry Items

Oil, Salt, Pepper, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.
Cooking tools
Saucepan, garlic press, frying pan, bowl, kettle, ovenproof dish and colander.
Ingredients

| Ingredients | 2 P | $3 P$ | 4 P |
| :--- | :---: | :---: | :---: |
| Potatoes | 450 g | 700 g | 900 g |
| Garlic Clove | 2 | 3 | 4 |
| Italian Olives | 30 g | 60 g | 60 g |
| Sliced Mushroooms |  |  |  |
| Finely Chopped | 80 g | 120 g | 180 g |


|  |  |  |  |
| :---: | :---: | :---: | :---: |
| Finely Chopped Tomatoes with Basil | 1 carton | $11 / 2$ cartons | 2 cartons |
| Butter Beans | 1 carton | $11 / 2$ cartons | 2 cartons |
| Vegetable Stock Paste 10) | 10 g | 15 g | 20g |
| Creme Fraiche** 7) | 150 g | 225 g | 300 g |
| Grated Hard Italian Style Cheese** 7) 8) | 25 g | 40 g | 40 g |
| Tenderstem ${ }^{\text {® }}$ Broccoli** | 80 g | 150 g | 150 g |
| Pantry | 2 P | 3 P | 4P |
| Sugar for the Sauce* | $1 / 2$ tsp | 3/4 tsp | 1 tsp |
| Butter for the Sauce* | 20g | 30g | 40 g |
| *Not Included **Store in th | he Fridge |  |  |

## Nutrition

| Typical Values | Per serving | Per 100g |
| :---: | :---: | :---: |
| for uncooked ingredient | 739g | 100g |
| Energy (kJ/kcal) | 3134/749 | 424/101 |
| Fat (g) | 41.9 | 5.7 |
| Sat. Fat (g) | 23.3 | 3.2 |
| Carbohydrate (g) | 72.3 | 9.8 |
| Sugars (g) | 16.9 | 2.3 |
| Protein (g) | 21.7 | 2.9 |
| Salt (g) | 4.86 | 0.66 |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult ( $8400 \mathrm{~kJ} / 2000 \mathrm{kcal}$ ).

## Allergens

7) Milk 8) Egg 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Bring a medium saucepan of water to the boil with $1 / 2 \mathrm{tsp}$ salt. Slice the potatoes into 1 cm thick rounds.
Peel and grate the garlic (or use a garlic press) Roughly chop the olives.
When boiling, add the potato slices to the water and simmer until tender, 15-20 mins. Once cooked carefully drain in a colander.


## Layer up your Hotpot

Fill and boil your kettle.
When the bean mixture has thickened, taste and add salt and pepper if needed, then transfer to an appropriately sized ovenproof dish.
Layer over the potato slices, overlapping them. Spoon over the creamy sauce in an even layer.
Grill the hotpot until golden, 5-7 mins. TIP: Put the dish onto a baking tray to catch any drips.


Start the Filling
Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
Once hot, add the mushrooms and season with salt and pepper. Fry, stirring occasionally, until browned, 4-5 mins.
Stir in the garlic and cook for 1 min more. Pour in the chopped tomatoes, butter beans (and their liquid), olives and veg stock paste.

Stir in the sugar and butter for the sauce (see pantry for both amounts) and bring to the boil. Simmer, stirring occasionally, until thickened, 10-12 mins.


## Bring on the Broccoli

While your hotpot grills, pop your (now empty) potato pan on high heat with $1 / 2$ tsp salt and the boiling water from the kettle.

Bring back to the boil, then add the broccoli and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Season with salt and pepper. Toss in olive oil f you'd like.


## Finish the Prep

Meanwhile, preheat your grill to high.
In a small bowl, combine the creme fraiche and grated hard Italian style cheese. Season with salt and pepper. Mix together.
Halve any broccoli stems lengthways.


Serve
When your butter bean hotpot is ready, allow to stand for 2 mins before serving.
Share between your plates with the Tenderstem ${ }^{\ominus}$ alongside.

Enjoy!

