

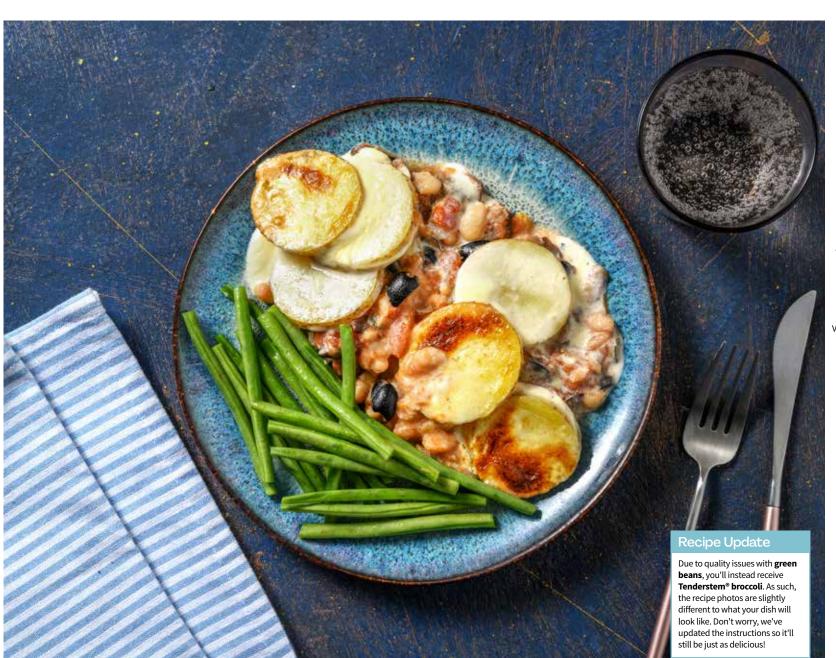
Italian Style Butter Bean Hotpot

with Creamy Potato Top and Tenderstem®



Classic 35-40 Minutes • 3 of your 5 a day • Veggie







Potatoes







Italian Olives





Finely Chopped



Butter Beans

Tomatoes with Basil



Vegetable Stock Paste





Grated Hard Italian Style Cheese



Creme Fraiche

Tenderstem® Broccoli

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	2P	3P	4P		
Potatoes	450g	700g	900g		
Garlic Clove**	2	3	4		
Italian Olives	30g	60g	60g		
Sliced Mushrooms**	80g	120g	180g		
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons		
Butter Beans	1 carton	1½ cartons	2 cartons		
Vegetable Stock Paste 10)	10g	15g	20g		
Creme Fraiche** 7)	150g	225g	300g		
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	40g		
Tenderstem® Broccoli**	80g	150g	150g		
Pantry	2P	3P	4P		
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp		
Butter for the Sauce*	20g	30g	40g		
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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 (8400kJ/2000kcal).

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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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Get Prepped

Bring a medium saucepan of water to the boil with ½ tsp salt. Slice the potatoes into 1cm 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.



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.



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.



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.



Bring on the Broccoli

While your **hotpot** grills, pop your (now empty) **potato** pan on high heat with ½ **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** if you'd like.



Serve

When your **butter bean hotpot** is ready, allow to stand for 2 mins before serving.

Share between your plates with the **Tenderstem®** alongside.

Enjoy!