



# SPANISH BUTTER BEAN STEW

with Fragrant Rice



## HELLO COOKBOOK

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Flaked Almonds



Shallot



Vegetable Stock Pot



Basmati Rice



Courgette



Dried Oregano



Smoked Paprika



Diced Tomatoes



Red Wine Stock Pot



Butter Beans



Flat Leaf Parsley



Black Olives



Lemon



Baby Spinach

Recipes like Chef Lizzie's hearty and wholesome vegetarian stew make packing in your five-a-day easy. Butter beans are a great ingredient for bulking up stews. For the perfect protein combination of grain and bean, we've served this stew with fluffy basmati rice (the tip in step 2 will change your rice cooking game for good!). Topped with a crunchy almond salsa and a good squeeze of fresh lemon juice, this dish will nourish you from the inside out.

40 mins

4 of your 5 a day

Veggie

MEAL BAG

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Sieve** and **Fine Grater**. Now, let's get cooking!



### 1 TOAST THE ALMONDS

Boil your kettle. Put a frying pan on medium heat (no **oil**) and add the **flaked almonds**. Toast until golden, shaking the pan occasionally, 2-3 mins. Transfer to a bowl and set aside (keep the pan!). Halve, peel and finely slice the **shallot**. Dissolve the **vegetable stock pot** in a measuring jug with the boiling **water** (see ingredients for amount).



### 2 COOK THE RICE

Heat a splash of **oil** in a large saucepan on medium heat and add **half** the **shallot**. Cook, stirring, until soft, 2-3 mins. Stir in the **rice** and then the **vegetable stock**. Bring to the boil, reduce the heat to medium-low and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



### 3 START THE STEW

Meanwhile, remove the ends from the **courgette**, halve lengthways and slice into 1cm thick half moons. Heat a splash of **oil** in the now empty frying pan and add the remaining **shallot**. Cook, stirring, until softened, 3 mins. Add the **courgette**, **dried oregano** and **smoked paprika** and cook for 1 minute. Add the diced **tomatoes** and **red wine stock pot**. Bring to the boil, stirring to dissolve the **stock pot**, lower the heat and simmer until thick, 10 mins.



### 4 MAKE THE SALSA

While the stew cooks, drain and rinse the **butter beans** in a sieve. Roughly chop the **parsley** and **black olives**. Zest the **lemon** then chop into wedges. In a small bowl, stir together the **toasted almonds**, **parsley**, **olives** and a good pinch of **lemon zest**. Season with plenty of **pepper**, taste and add more **lemon zest** if necessary.



### 5 FINISH OFF

When the stew has thickened mix in the **butter beans**. Add the **spinach** a handful at a time, stirring until wilted and heated through. Season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork and stir through the remaining **lemon zest**.



### 6 SERVE

Serve the **rice** in bowls topped with the **butter bean stew** and finished with a sprinkling of the **almond salsa**. Add the **lemon wedges** on the side for squeezing over. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Flaked Almonds <sup>2)</sup>	25g
Shallot, sliced	1
Vegetable Stock Pot <sup>10)</sup> <sup>14)</sup>	1
Water*	300ml
Basmati Rice	150g
Courgette, sliced	1
Dried Oregano	1½ tsp
Smoked Paprika	1½ tsp
Diced Tomatoes	1 tin
Red Wine Stock Pot <sup>14)</sup>	1
Butter Beans	1 tin
Flat Leaf Parsley, chopped	1 small bunch
Black Olives, chopped	30g
Lemon	1
Baby Spinach	1 small bag

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 721G	PER 100G
Energy (kcal)	575	80
(kJ)	2404	334
Fat (g)	12	2
Sat. Fat (g)	1	1
Carbohydrate (g)	90	13
Sugars (g)	18	3
Protein (g)	23	3
Salt (g)	5.64	0.78

### ALLERGENS

<sup>2)</sup> Nut <sup>10)</sup> Celery <sup>14)</sup> Sulphites

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

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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