



Braised Fennel and Borlotti Beans

with Preserved Lemon and Croutons



30-40min



2 Portions

When you're after a lighter vegetarian dinner, and soups and salads aren't cutting it, consider this Mediterranean-inspired winter vegetable bake. With fruity green olives and tart preserved lemon, this braise with crunchy garlic croutons is full of sunny flavours to brighten up your winter evening.

What we send

- 1 red onion and 2 baby fennels
- 400g can borlotti beans
- half baguette ¹
- pitted green olives ¹⁷
- 1 garlic clove and parsley
- vegetable stock cube
- preserved lemon ¹⁷

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- foil
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 510.0kcal, Fat 14.5g, Proteins 22.0g, Carbs 66.1g



1. Prepare fennel and onion

Preheat the oven to 200C. Trim the base of the **fennel**, then trim the stalks, leaving 2cm intact. Cut the fennel in half widthwise, then cut into 1-2cm wedges. Cut the **onion** into 1cm wedges.



4. Braise vegetables

Place the **borlotti beans** in a 1L baking dish and top with the **fennel** and **onion**. Scatter over the **olives** and **preserved lemon**, and season with **salt and pepper**. Pour over the **stock**. Tightly cover with foil, then place in the oven on the highest shelf. Bake for 30 mins or until vegetables are tender, turning the fennel halfway through.



2. Prepare beans and stock

Drain and rinse the **borlotti beans** in a sieve. Quarter the **olives**. Put the **stock cubes** in a heatproof jug, add the **boiling water** (see staples list) and stir to combine.



5. Make croutons

Meanwhile, line an oven tray with baking paper. Roughly tear the **bread** into bite-sized pieces. Crush or finely chop the **garlic**. Combine the **garlic, oil, salt and pepper** in a large bowl. Add the **bread** and toss to coat. Place on the lined tray, then put in the oven on the lowest shelf and bake for 15 mins or until golden and crisp, tossing halfway through.



3. Prepare preserved lemon

Remove and discard the **preserved lemon** flesh, then finely chop the rind.



6. Get ready to serve

Meanwhile, pick and finely chop the **parsley leaves**, discarding the stems. Divide the fennel mixture among bowls, spooning over the braising liquid. Scatter over the croutons and **parsley** to serve.