

MARLEY SPOON



Kale and Cannellini

Bean Risoni



20-30min



2 Portions

While quick and simple, this vibrant vegetarian pasta is full of complex flavour and texture. Creamy cannellini beans stewed with lemon and chilli are tossed with crisp charred kale, toasted pine nuts and fresh mint, while grain-like risoni does a fantastic job of soaking up the delicious citrusy juice.

What we send

- vegetable stock
- mint and 2 garlic cloves
- dried chilli flakes
- pine nuts ¹⁵
- kale
- cannellini beans
- lemon
- green peas
- risoni ¹

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- sea salt and pepper
- spray oil
- water

Utensils

- 2 oven trays
- baking paper
- large frypan
- medium saucepan
- sieve

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

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Gluten (1), Tree Nuts (15). May contain traces of other allergens.

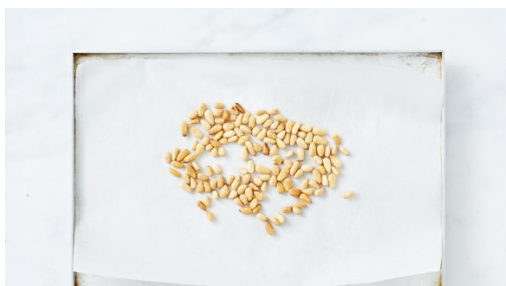
Nutrition per serving

Energy 705.0kcal, Fat 22.8g, Proteins 28.6g, Carbs 88.3g



1. Prepare ingredients

Preheat oven to 200C. Finely chop **garlic**. Pick **mint** leaves and coarsely chop, discarding stems. Finely grate the rind and juice the **lemon** (use half for 2P** see cooking tip). Drain and rinse the **cannellini beans**. Combine the **vegetable stock** (use 1 cube for 2P**) with the **boiling water** (see staples list).



4. Toast pine nuts

Meanwhile, put the **pine nuts** on the second lined tray and toast in the oven for 3 mins or until golden.



2. Cook risoni

Bring a medium saucepan of salted water to the boil. Add the **risoni** and cook for 10 mins or until al dente. Drain in a sieve.



5. Cook beans

Meanwhile, heat the **oil** in a large frypan over medium heat. Cook the **garlic** and **dried chilli flakes** (½ tsp for 2P | 1 tsp for 4P) for 30 secs or until the garlic is lightly golden. Season with **salt and pepper**. Add the **cannellini beans** and **lemon zest**, and cook for a further 2 mins, then add the **stock** and **lemon juice**, and bring to a simmer.



3. Roast kale

While risoni is cooking, line 2 oven trays with baking paper. Remove the leaves from the **kale**, discarding the stalks. Rinse and pat dry, then finely shred. Place on one of the lined trays and lightly spray with **olive oil spray**. Roast for 3-4 mins until crisp and wilted in parts.



6. Get ready to serve

Add the **risoni**, **peas** and **roasted kale** to the cannellini bean mixture and stir to combine. Heat for 1 min or until warmed through. Divide the pasta among bowls and scatter over the **mint** and **pine nuts** to serve.