

MARLEY SPOON



White Bean Ragu

with Charred Baguette



20-30min



4 Portions

A classic combination of onion, carrot and celery enriches the ragu-style sauce, while mixed tomatoes, fresh herbs and big creamy white beans load this relaxed meal with protein, dietary fibre and flavour. Use the crusty bread to soak up the sauce, or pile it up like you did when you were a kid. Think of this as baked beans for grown ups!

What we send

- 1,6
- 7

What you'll require

- olive oil
- olive oil spray
- sea salt and pepper

Utensils

- box grater
- sieve

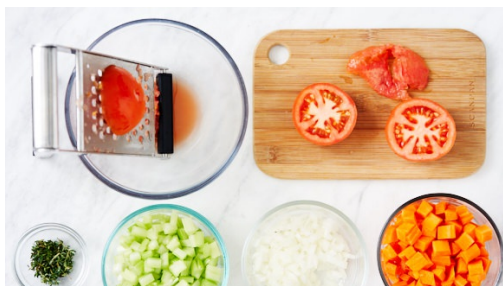
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 755kcal, Fat 26.8g, Carbs 76.6g, Proteins 39.9g



1. Prepare ingredients

Coarsely chop the **onion**. Peel the **carrots**, then cut the carrots and **celery** into 1.5cm chunks. Thinly slice **garlic**. Pick the **thyme leaves**. Cut the fresh **tomatoes** in half, then coarsely grate the cut-side over a bowl.



2. Start ragu

Heat **1 tbs olive oil** in a large saucepan over medium-high heat. Add the **onion, carrot, celery, garlic** and **thyme leaves**. Season with **salt and pepper** and cook, stirring, for 5 mins or until softened.



3. Add beans

Drain and rinse the **butter beans**. Add to the saucepan with the **grated tomato** and **canned tomatoes**. Season with **salt and pepper**, then bring to a simmer over medium-high heat. Reduce the heat to low, cover the pan and simmer for 8 mins or until the liquid starts to thicken.



4. Grate parmesan

While the ragu is cooking, pick the **oregano leaves**, tearing any larger leaves. Finely grate the **parmesan**.



5. Chargrill baguette

Heat a chargrill pan or frypan over medium-high heat. Cut each **baguette** in half lengthwise, then spray each piece with **olive oil spray** or brush lightly with olive oil. Chargrill or toast for 1 min each side or until lightly charred.



6. Get ready to serve

Remove the lid from the ragu and cook for a further 5 mins or until the sauce has thickened. Stir in **half the oregano** and **half the parmesan**. Divide the **ragu** among bowls and scatter over the **remaining parmesan** and **remaining oregano**. Serve with the **charred baguette**.