

# DINNERLY



## Cheesy Vegetable Bake with Cannellini Beans

 20-30 minutes  2 Servings

It'll be easy to get the kids to gobble their veggies and legumes when you cook them with sweet crushed tomatoes and smother with cheddar that's baked until gooey.

### WHAT WE SEND

- 100g baby spinach leaves
- 400g pack diced tomatoes
- 100g mature cheddar <sup>7</sup>
- 1 capsicum
- 2g dried oregano
- 400g can white cannellini beans

### WHAT YOU NEED

- garlic clove
- olive oil
- sea salt and pepper

### TOOLS

- large frypan

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

### ALLERGENS

Milk (7). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 525kcal, Fat 25.4g, Carbs 34.0g, Proteins 27.9g



#### 1. Prep ingredients

Preheat the oven to 200C. Crush or finely chop **2 garlic cloves**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane.



#### 2. Cook garlic and capsicum

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **capsicum** and **garlic**, stirring, for 3-4 mins until softened.



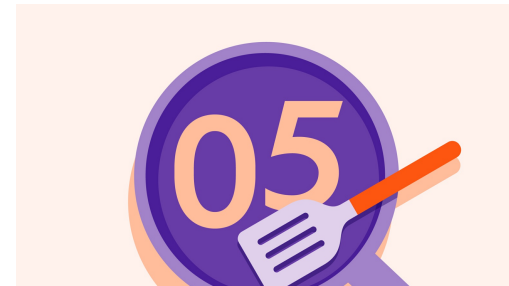
#### 3. Grate cheese

Meanwhile, drain and rinse the **cannellini beans**. Coarsely grate **two-thirds of the cheese** (the remaining cheese won't be used in this dish).



#### 4. Combine ingredients

Add the **beans, tomatoes** and **1 tsp oregano** (the remaining oregano won't be used in this dish) to the pan. Season with **salt and pepper** and bring to the boil. Remove from the heat, add the **baby spinach** and stir to combine. Transfer to a 1L (4 cup) baking dish.



#### 5. Bake and serve

Scatter over the **grated cheddar** and bake for 10 mins or until the cheese is melted and golden. Divide among bowls to serve.



#### 6. Make it yours

Add some warm, crusty, regular or gluten-free bread to mop up all the sauce.