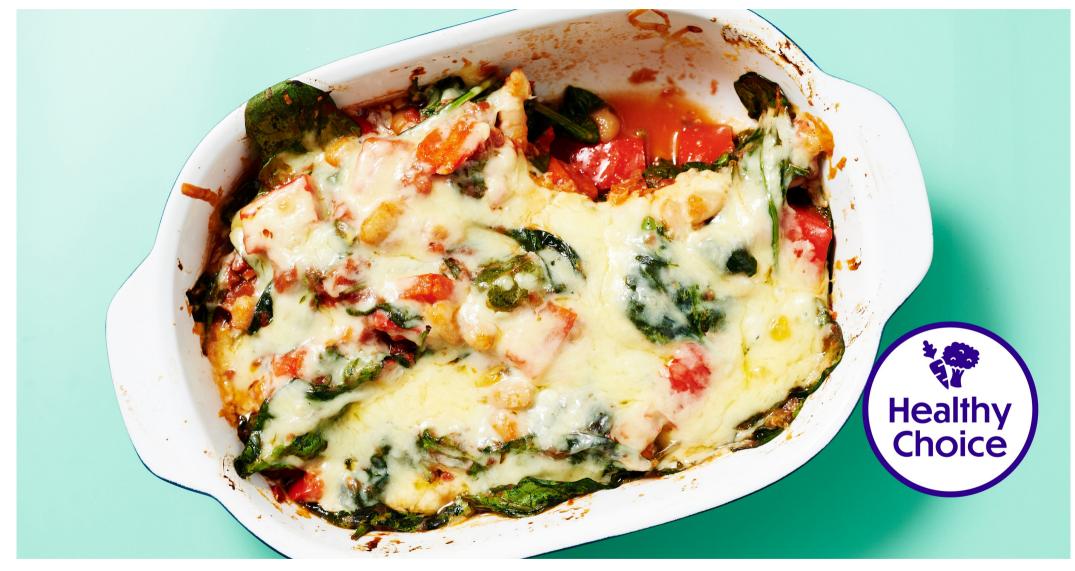
DINNERLY



Cheesy Vegetable Bake

with Cannellini Beans

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20-30 minutes 4 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

- 200g baby spinach leaves
- 2 x 390g packs diced tomatoes
- 2 x 400g cans cannellini beans
- 200g mature cheddar⁷
- 2 capsicum
- 2g dried oregano

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 33.9g, Proteins 27.9g



1. Prep ingredients

Preheat the oven to 200C. Crush or finely chop **3 garlic cloves**. Cut the **capsicums** into 1cm chunks, discarding the seeds and membrane.



2. Cook garlic and capsicum

Heat **2 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 the **cheese**.



4. Combine ingredients

Add the **beans**, **tomatoes** and **2 tsp oregano** 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 2L (8 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 glutenfree bread to mop up all the sauce.



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