



UCCOOK

Tuscan Bean Stew

with garlic ciabatta

After braving the cold outside for work, school runs, or a visit to the shops, we think you should be rewarded with a hearty butter bean stew, Chef! A dash of our special spice mix, lightly charred cauliflower, tangy tomato passata sauce, and a side of garlic-oil coated ciabatta, and you will feel ready to face any type of winter weather.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Suné van Zyl

Veggie

 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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Ingredients & Prep

100g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly slice ½</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
20ml	Spice Mix <i>(15ml NOMU Italian Rub & 5ml Smoked Paprika)</i>
100ml	Tomato Passata
120g	Butter Beans <i>drain & rinse</i>
25ml	Cashew Nut Cream Cheese
1	Garlic Clove <i>peel & grate</i>
1	Ciabatta Roll <i>cut in half lengthways</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. CHARRED CAULI Place a pan over medium high-heat with a drizzle of oil. When hot, fry the rinsed cauliflower until lightly golden, 5-6 minutes, (shifting occasionally). Remove from the pan.

2. STEW Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions and the sliced peppers until lightly golden, 5-6 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml of water. Simmer until slightly thickening, 6-8 minutes. Add the drained beans and the cauliflower. Simmer until warmed through, 2-3 minutes. Remove from the heat and mix in the cashew nut cream cheese, seasoning, and a sweetener (to taste).

3. GARLIC OIL & TOAST In a bowl, combine the grated garlic and 1 tbsp of oil. Smear the garlic oil over the inside of the ciabatta slices. Place a pan over medium heat. When hot, toast the slices, cut-side down, until golden, 1-2 minutes.

4. DELICIOUS DINNER Bowl up the bean stew, side with the garlic ciabatta, and garnish with the chopped parsley. Well done, Chef!



Chef's Tip

Air fryer method: Coat the cauliflower pieces in oil and season. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	314kJ
Energy	75kcal
Protein	3.1g
Carbs	13g
of which sugars	2.7g
Fibre	2.7g
Fat	1.2g
of which saturated	0.1g
Sodium	179mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
3 Days