



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Suné van Zyl

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Veggie

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 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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## Ingredients & Prep

300g	Cauliflower Florets <i>rinse &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; roughly slice 1½</i>
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into strips</i>
60ml	Spice Mix <i>(45ml NOMU Italian Rub &amp; 15ml Smoked Paprika)</i>
300ml	Tomato Passata
360g	Butter Beans <i>drain &amp; rinse</i>
75ml	Cashew Nut Cream Cheese
2	Garlic Cloves <i>peel &amp; grate</i>
3	Ciabatta Rolls <i>cut in half lengthways</i>
8g	Fresh Parsley <i>rinse, pick &amp; 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, 6-8 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, 6-7 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 300ml of water. Simmer until slightly thickening, 8-10 minutes. Add the drained beans and the cauliflower. Simmer until warmed through, 3-4 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 3 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