



Cosy butter bean casserole

with crispy seed topping



A warm and comforting bake featuring creamy butter beans, carrot, celery and our house-made miso seasoning that lifts this bake to a new level. Topped with a golden cheesy rolled quinoa crust. Packed with plant-based goodness and wholesome ingredients, this hearty dish is the perfect cosy meal for cooler days.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium/large baking dish, medium/large pot



Pantry items needed: freshly ground black pepper, frozen peas, olive oil, plain/gluten-free flour, salt, tamari / soy sauce, unsweetened soy milk



Hands-on: 20-25 minutes
Ready in: 40 minutes



Serves: 2 or 4

HIGH FIBRE | HIGH PROTEIN | NO ADDED GLUTEN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Onion	90g	180g
Carrot	180g	360g
Celery	100g	200g
Mushrooms	80g	160g
Frozen peas*	¼ cup	½ cup
Butter beans	2 cans	4 cans
Olive oil, divided*	2 tbsp	4 tbsp
Plain/gluten-free flour, divided	⅓ cup	⅔ cup
Unsweetened soy milk*	1 cup	2 cups
Miso seasoning	26g	52g
Vegan cheddar cheese, divided	80g	160g
Salt*	¾ tsp	1½ tsp
Freshly ground black pepper, divided*	¾ tsp	1½ tsp
Rolled quinoa	40g	80g
Sunflower seed mix	23g	46g
Tamari / soy sauce*	½ tbsp	1 tbsp

* Pantry items

Allergens and ingredients

Allergens: soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Preheat oven to 180°C and grease a medium/large deep baking dish. Dice **onion**. Finely chop **carrot** and **celery**. Slice **mushrooms**. Allow **peas*** defrost in a bowl of water. Drain and rinse **butter beans**.

2. Cook filling

In a medium pot over medium heat, add **olive oil*** (1 tbsp for 2 serves and 2 tbsp for 4 serves). When hot, add **onion, carrot, celery, mushrooms** and sauté until tender, about **5 minutes**. Drain **peas*** and stir into pot. Add roughly **half** the **quantity** of **flour***, stir to coat vegetables and cook, stirring constantly, for about **2 minutes**.

Pour in **soy milk*** gradually, stirring as you go. Add **miso seasoning** and cook **filling** for until thickened, about **2 minutes**. Remove from the heat, add **butter beans**, roughly **half** the quantity of **cheese, salt*** and **pepper*** (½ tsp for 2 serves and 1 tsp for 4 serves) and stir to thoroughly mix. Spoon **butter bean filling** into baking dish.

3. Make crispy seed topping

In a medium bowl, add remaining **flour***, **rolled quinoa, sunflower seed mix, tamari / soy sauce, pepper*** (¼ tsp for 2 serves and ½ tsp for 4 serves) and **oil*** (1 tbsp for 2 serves and 2 tbsp for 4 serves). Mix together.

4. Bake

Sprinkle **crispy seed topping** over **filling**. Bake **butter bean casserole** for **25 minutes** or until lightly golden.

5. Serve

Serve **butter bean casserole**.

Eat your way to healthy!



Butter beans are high in fibre, protein and several vitamins and minerals, including vitamins B1 and B9 (folate), iron, copper, manganese and magnesium.

Butter beans have been linked to improved heart health, brain health and digestive health, enhanced blood sugar control and healthy weight-loss..

Nutritional information*

	Per 743g serve	Per 100g
Energy	3401kJ (814Cal)	458kJ (110Cal)
Protein	29.9g	4.0g
Fat, total	33.3g	4.5g
- Saturated	11.5g	1.5g
Carbohydrate	95.6g	12.9g
- Sugars	16.5g	2.2g
Sodium	1868mg	252mg

* Nutritional information is based on averages