




Product Spotlight: Dill


A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



Lemon Greek Fasolada

A light and summery Greek bean stew with lemon, garlic and dill, cooked in one pan and served with crusty flatbreads from Gluten Free Lab.

 30 minutes

 2 servings

 Plant-Based

17 February 2023

Spice it up!

You can add some dried chilli flakes to the stew if you like a little spice! You can also rub the flatbreads with cumin and crushed garlic for an extra flavour hit!

Per serve: **PROTEIN** 15g **TOTAL FAT** 4g **CARBOHYDRATES** 49g

FROM YOUR BOX

FENNEL	1
TOMATOES	2
ZUCCHINI	1
GARLIC COVES	2
STOCK PASTE	1 jar
FLATBREAD (GF)	1
TINNED CANNELLINI BEANS	400g
LEMON	1
DILL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, fennel seeds, flour (of choice)

KEY UTENSILS

large frypan with lid, oven tray (optional)

NOTES

You can toast the flatbreads in the oven, use the BBQ or a sandwich press!

Remove the core from the fennel bulb before dicing. You can slice the stalks and add the fronds as well.



1. SAUTÉ THE VEGETABLES

Set oven to 200°C (optional, see notes).

Heat a large frypan with **olive oil** over medium heat. Dice fennel (see notes), tomatoes and zucchini. Add to pan along with crushed garlic, **3 tsp cumin** and **1/2 tsp fennel seeds**. Cook for 5 minutes.



2. SIMMER THE VEGETABLES

Stir in stock paste, **1 tsp flour** and **400ml water**. Increase heat to medium-high, cover and simmer for 15 minutes.



3. TOAST THE FLATBREADS

Meanwhile, halve flatbread and rub with a little **olive oil**. Toast using your preferred method.



4. ADD THE BEANS

Drain and add beans to vegetables. Stir in lemon zest and juice from 1/2 lemon (wedge remaining). Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide lemon fasilada among shallow bowls. Garnish with chopped dill and drizzle with **olive oil**. Serve with flatbreads.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

