



### Product Spotlight: Sugar Snap Peas


Sugar snap peas are a good source of B-vitamins. These essential nutrients help convert our food into fuel, allowing us to stay energised throughout the day!




## 1 Crunchy Baked Bean Pie

A smokey bean pie with a rich tomato sauce, crumbed with cornflakes and cashew parmesan cheese.

*Mix it up!*  
If you like a little spice, you can add some dried chilli flakes to the beans for a kick! You could also chop the greens and cook in the pie if preferred!

 30 mins

 2 servings

 Plant-Based

22 March 2021

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	14g	16g	59g

## FROM YOUR BOX

BROWN ONION	1/2 *
CARROT	1
ZUCCHINI	1/2 *
TOMATO	1
BAKED BEANS	1 jar
CORNFLAKES	1 packet (50g)
CASHEW PARMESAN	1 packet
SUGAR SNAP PEAS	1/2 bag (75g) *
BROCCOLI	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

2 frypans, oven dish

## NOTES

Use the cashew parmesan cheese to taste, any leftovers can be used on a pasta dish or as a seasoning over a salad.



### 1. SAUTÉ THE VEGETABLES

Set oven to 200°C.

Heat a frypan over medium-high heat with **oil**. Dice onion, carrot, zucchini and tomato. Cook for 5 minutes until softened.



### 2. ADD THE BEANS

Stir through baked beans and cook for a further 5 minutes until warmed through. Stir in **1/4 cup water** and season with **salt and pepper**.



### 3. BAKE THE PIE

Transfer bean mixture into an oven dish. Crush cornflakes to resemble a crumb. Combine with cashew parmesan and scatter over top (see notes). Bake in oven for 10 minutes until golden and crunchy.



### 4. COOK THE GREENS

Trim sugar snap peas. Cut broccoli into small florets. Add to a second frypan with **1/2 tbsp olive oil** and **1 tbsp water**. Cook for 4-5 minutes until tender. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Serve the baked bean pie at the table with side of sautéed greens.

**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**

