



Cannellini Bean Bruschetta Toast

with Heirloom Tomato and Nectarine

Veggie

25 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Chicken Breasts
2 | 4

Swap



Pork Sausage (Mild Italian)
250 g | 500 g



Cannellini Beans
1 | 2



Sandwich Bun
2 | 4



Arugula and Spinach Mix
56 g | 113 g



Baby Heirloom Tomatoes
113 g | 227 g



Garlic, cloves
2 | 4



Nectarine
1 | 2



Balsamic Vinegar
1 tbsp | 2 tbsp



Feta Cheese, crumbled
¼ cup | ½ cup



Basil Pesto
¼ cup | ½ cup



Mini Cucumber
1 | 2



Pepitas
28 g | 56 g



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, potato masher, slotted spoon, small bowl, strainer

1



Prep and toast pepitas

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

+ Add | Chicken Breasts

- Rinse **beans**, then drain well.
- Peel, then mince or grate **garlic**.
- Heat a large non-stick pan over medium-high heat. When hot, add **pepitas** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on pepitas so they don't burn.) Transfer to a small bowl.

2



Cook beans

🔄 Swap | Pork Sausage (Mild Italian)

- Return the same pan over medium-high.
- Add **1 tbsp** (2 tbsp) **oil**, then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **beans**. Cook stirring occasionally, until warmed through, 2-3 min.
- Remove from heat, then add **¼ cup water**. Mash **beans** to a creamy paste.
- Stir in **pesto**, then season with **¼ tsp** (½ tsp) **salt** and **pepper**.

3



Prep bruschetta and salad

- Meanwhile, halve **tomatoes**.
- Cut **four sections off nectarine**, avoiding the pit. Cut **each section** into ½-inch pieces.
- Cut **cucumbers** into ¼-inch half-moons.
- Add **tomatoes, nectarine, 2 tbsp** (4 tbsp) **oil** and **balsamic vinegar** to a medium bowl. Stir to combine, then season with **salt** and **pepper**, to taste.

4



Toast buns

- Halve **buns**.
- Arrange on an unlined baking sheet, cut-side up. Broil in the **middle** of the oven until crispy, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn.)
- Flip the **buns** to cut-side down. Broil in the **middle** of the oven until crispy, 1-2 min.

5



Assemble toasts and make salad

- Divide **beans** between **toasts**. Spread evenly.
- Using a slotted spoon, top toasts with **half the bruschetta**.
- Set aside.
- Add **arugula-spinach mix** and **cucumber** to the bowl with **remaining bruschetta mix**. Toss to combine.

6



Finish and serve

+ Add | Chicken Breasts

- Divide **toasts** and **salad** between plates.
- Top **bruschetta** with **feta cheese**.
- Sprinkle **pepitas** over **salad**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Prep and toast pepitas and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat same pan used for **pepitas** over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min. ** Use the same pan to cook **beans** in step 2.

2 | Cook sausage

🔄 Swap | Pork Sausage (Mild Italian)

If you've opted to add **sausage**, add ½ **tbsp** (1 **tbsp**) **oil**, then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min. ** Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm. Top **toasts** with **sausage**.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top **bruschetta** with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.