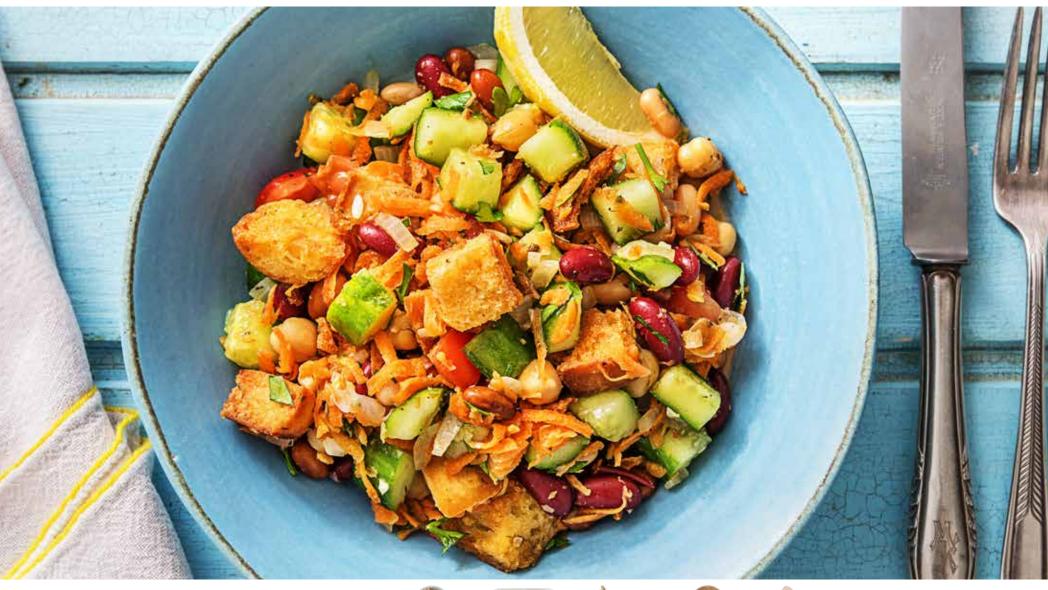


# MIXED BEAN AND VEGGIE PANZANELLA SALAD

with a Lemon Vinaigrette





# **HELLO PANZANELLA**

A Tuscan salad with crusty bread and fresh summer vegetables



Mixed Beans



Ciabatta Bun



Onion, chopped



Garlic



Italian Seasoning



Roma Tomato



Lemon

TOTAL: 40 MIN CALORIES: 588 PREP: 10 MIN

Parsley

Mini Cucumber

Carrot

### **BUST OUT**

- Garlic Press
- · Medium Non-Stick Pan
- Whisk
- Small Bowl

- Grater
- Measuring Cups
- Whisk Zester
- Large Bowl
- Strainer

- · Baking Sheet
- Salt and Pepper
- Measuring Spoons Olive or Canola oil

### INGREDIENTS

INOKEDIENIS	
	2-person
Mixed Beans	1 can
• Ciabatta Bun 1	2
Onion, chopped	56 g
• Garlic	10 g
• Italian Seasoning	1 tsp
• Parsley	20 g
• Mini Cucumber	132 g
• Carrot	170 g
Roma Tomato	80 g
• Lemon	1

## ALLERGENS ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le sova, les sulfites, les noix et le blé.

- O Seafood/Fruit de Mer 6 Mustard/Moutarde 7 Peanut/Cacahuète
- 1 Wheat/Blé
- 8 Sesame/Sésame
- 2 Milk/Lait
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix

- 11 Shellfish/Fruit de Mer
- Laver et sécher tous les aliments.

## START STRONG



Preheat the oven to 425°F (to toast the ciabatta cubes). Start prepping when the oven comes up to temperature!



**PREP** Wash and dry all produce.\* Cut the tomato into 1/2-inch cubes. Cut the **cucumbers** into ½-inch cubes. Grate the carrot. Roughly chop the parsley. Reserve 1/4 cup bean liquid, then drain and rinse the **beans**. Zest, then juice half the lemon, then cut the remaining lemon into wedges.



ASSEMBLE SALAD In a small bowl, whisk together the lemon zest, reserved bean liquid, 2 tbsp lemon juice and 2 tbsp oil. Season with salt and pepper. In the same large bowl, toss together the toasted ciabatta, onion mixture, veggies, beans and parsley. Drizzle over the dressing from the small bowl and toss together.



**TOAST CIABATTA** Cut ciabatta into 1-inch cubes. Mince or grate **garlic**. In a large bowl, whisk together garlic and 2 tbsp oil. Season with salt and pepper. Add ciabatta and stir to coat. On a baking sheet, arrange cubes. Toast in the centre of the oven, stirring halfway through cooking, until lightly golden, 10-12 min. (TIP: Keep an eye on them so they don't burn!)



FINISH AND SERVE Divide the mixed bean and veggie panzanella salad between bowls. Squeeze over a lemon wedge, if desired.



**COOK VEGGIES** Meanwhile, heat a medium non-stick pan over medium-high heat. Add 1 tbsp oil, then the onions and Italian seasoning. Cook, stirring together, until the onions soften, 2-3 min.

# **MIXED BEANS**

Kidney, black eye, romano and chickpeas make up this rich and hearty bean blend!