



MIXED BEAN AND VEGGIE PANZANELLA SALAD

with a Lemon Vinaigrette

VEGGIE



HELLO

PANZANELLA

A Tuscan salad with crusty bread and fresh summer vegetables

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 588



Mixed Beans



Ciabatta Bun



Onion, chopped



Garlic



Italian Seasoning



Parsley



Mini Cucumber



Carrot



Roma Tomato



Lemon

BUST OUT

- Garlic Press
- Whisk
- Grater
- Measuring Cups
- Large Bowl
- Baking Sheet
- Measuring Spoons
- Medium Non-Stick Pan
- Small Bowl
- Whisk
- Zester
- Strainer
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

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 soya, les sulfites, les noix et le blé.

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



1 PREP Wash and dry all produce.* Cut the **tomato** into ½-inch cubes. Cut the **cucumbers** into ½-inch cubes. Grate the **carrot**. Roughly chop the **parsley**. Reserve **¼ cup bean liquid**, then drain and rinse the **beans**. Zest, then juice **half the lemon**, then cut the **remaining lemon** into wedges.



4 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.



2 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!)



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



3 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!