

DINNERLY



Cheesy Marinara Beans with Roasted Broccoli

Developed by Our Registered Dietitian



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. This vegetarian meal is brimming with protein and fiber thanks to our trusty ol' pal: beans. They make the perfect base for rich marinara and melted fontina. Sop up the sauce with Tuscan-spiced toasted bread, and maybe even dip the roasted broccoli in there too. You do you! We've got you covered! **230**

WHAT WE SEND

- ½ lb broccoli
- 2 mini French rolls ¹
- ¼ oz Tuscan spice blend
- 6 oz tomato paste
- 15 oz can cannellini beans
- 2 (2 oz) shredded fontina ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- medium ovenproof skillet

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 30g, Carbs 65g, Protein 34g



1. Start broccoli

Preheat oven to 450°F with a rack in the upper third.

Cut **broccoli** into florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt and pepper**. Roast on upper oven rack until mostly tender and starting to char in spots, 8–10 minutes.



4. Add cheese & serve

Sprinkle **fontina** over **beans**. Broil on upper oven rack until cheese is melted and browned in spots, 2–3 minutes (watch closely as broilers vary).

Serve **cheesy marinara beans** with **broccoli** and **toasted bread**. Enjoy!



2. Cook bread & broccoli

Meanwhile, split **bread** and drizzle cut sides with **oil**. Transfer to baking sheet with **broccoli** and continue to roast until bread is golden and crisp and broccoli is tender and charred in spots, 5–7 minutes more.

Remove from oven and immediately sprinkle bread with **a pinch each of salt and Tuscan spice**. Switch oven to broil.



5. ...

What were you expecting, more steps?



3. Cook beans

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium. Add **half of the tomato paste** and **2 teaspoons Tuscan seasoning**; cook, stirring, until fragrant and bright red, 2–3 minutes.

Stir in **beans and their liquid**; bring to a simmer. Reduce heat to medium-low and simmer until slightly thickened, 2–3 minutes. Season to taste with **salt and pepper**.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!