

MARLEY SPOON



Vegan Braised White Beans on Ciabatta

with Rosemary-Chili Oil & Greens



30-40min



2 Servings

Incorporating plant-based meals into your weekly routine doesn't have to be hard—but should be delicious! We channel the flavors of the Mediterranean topping crisp oven-toasted ciabatta with creamy braised white beans. It's only right to pair this Italian-inspired dish with roasted lemony curly kale. A drizzle of aromatic chile oil adds the a garlicky, warming heat.

What we send

- garlic
- ¼ oz fresh rosemary
- 1 bunch curly kale
- 1 lemon
- 1 pkt crushed red pepper
- 15 oz can cannellini beans
- 2 ciabatta rolls ^{1,2}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium skillet
- rimmed baking sheet

Cooking tip

Not a fan of spice? Add less crushed red pepper, or omit it altogether. The aromatic oil is just as delicious without the heat.

Allergens

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 30g, Carbs 80g, Protein 23g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Thinly slice **1 large garlic clove**. Pick and coarsely chop **1 tablespoon rosemary leaves**; discard stems.

Strip **kale** leaves from stems. Discard stems; coarsely chop leaves.

Finely grate **all of the lemon zest**, then slice half of the lemon into thin rounds. Cut remaining lemon half into wedges.



4. Broil kale

On a rimmed baking sheet, toss **kale** and **lemon slices** with **2 tablespoons each of water and oil**; season with **salt** and **pepper**. Massage leaves to wilt slightly.

Broil on upper oven rack, stirring occasionally, until kale is tender and browned in spots, 3-5 minutes (watch closely as broilers vary). Sprinkle with **1 teaspoon lemon zest** (or more, if desired); toss to combine.



2. Make chili oil

In a medium skillet, combine **sliced garlic**, **half of the chopped rosemary**, **¼ cup oil**, and **¼ teaspoon crushed red pepper**. Cook over medium heat, stirring, until sizzling and garlic is just beginning to brown, about 3 minutes.

Carefully transfer to a heatproof bowl and set aside until ready to serve.



5. Broil ciabatta

Split **ciabatta** and drizzle cut sides with **oil**. Season with **salt** and **pepper**. Broil directly on upper oven rack until golden brown and crisp, 2-3 minutes per side (watch closely).



3. Cook beans

In same skillet, combine **chopped garlic**, **a pinch of crushed red pepper**, **2 tablespoons oil**, and **remaining chopped rosemary**. Set over medium heat and cook until fragrant, about 30 seconds.

Stir in **beans and their liquid**; bring to a simmer. Cook, lightly crushing half of the beans with a spoon, until thick and saucy, 5-7 minutes. Preheat broiler with a rack in the upper third.



6. Assemble & serve

Discard **lemon slices** from **broiled kale**. Top **toasted ciabatta** with **saucy beans**, and drizzle with **rosemary-chili oil**. Serve with **broiled kale** on the side, with **lemon wedges** for squeezing over. Enjoy!