



Plant-Based: Braised White Beans on Ciabatta

with Rosemary-Chili Oil & Broccoli Rabe



30-40min



2 Servings

Incorporating plant-based meals into your weekly routine doesn't have to be hard. We channel the flavors of the Mediterranean with creamy braised white beans served over crisp oven-toasted ciabatta. It's only right to pair this Italian-inspired dish with broccoli rabe—a crisp green similar to broccolini. Aromatic chili oil adds the perfect zing. Not a fan of heat? Just add less crushed red pepper flakes or omit it.

What we send

- garlic
- ¼ oz fresh rosemary
- 1 lemon
- 1 pkt crushed red pepper
- 1 can cannellini beans
- ½ lb broccoli rabe
- 2 ciabatta rolls¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium skillet
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 730kcal, Fat 33g, Carbs 83g, Proteins 28g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Thinly slice **1 large garlic clove**. Pick and coarsely chop **1 tablespoon rosemary leaves**. Trim ends from **broccoli rabe**, then cut any thick stems in half lengthwise. Finely grate **all of the lemon zest**, then slice half of the lemon into thin rounds. Cut remaining lemon half into wedges.



4. Broil broccoli rabe

On a rimmed baking sheet, toss **broccoli rabe** and **lemon slices** with **2 tablespoons oil**; season with **salt** and **pepper**. Broil, stirring occasionally, until broccoli rabe is tender and browned in spots, 5-7 minutes (watch closely as broilers vary). Sprinkle with **1 teaspoon lemon zest** (or more if desired), and toss to combine. Discard lemon slices.



2. Make chili oil

In a medium skillet, combine **sliced garlic**, **half of the chopped rosemary**, **¼ cup oil**, and **¼ teaspoon of the 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 top 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 the beans with a spoon, until thick and saucy, 5-7 minutes. Preheat broiler with top rack 6 inches from heat source.



6. Assemble & serve

Top **toasted ciabatta** with **saucy beans**, and drizzle with **rosemary-chili oil**, if desired. Serve with **broccoli rabe** on the side, with **lemon wedges** for squeezing over top, if desired. Enjoy!