

GARLIC & WHITE BEAN PURÉE

HEALTHY

VEGETARIAN



Serves 4-6



Prep Time 15 minutes



Cook Time 15 minutes

For a vegetarian version, serve this side dish with a vegetarian protein.



INGREDIENTS

- 2 x 400g cans **Wattie's Cannellini Beans in Springwater***
- ½ small onion, finely chopped
- 1-2 clove garlic, crushed

METHOD

1. Drain **Wattie's Cannellini Beans** and reserve ½ cup of the liquid.
2. Heat a dash of olive oil in a saucepan. Add the onion and garlic and cook over a low heat until onion is soft – do not allow it to burn.

3. Add **Wattie's Cannellini Beans** and the reserved liquid. Bring to the boil. Reduce heat. Cover and simmer for 15 minutes. Transfer to a food processor or blender and blend until smooth. Season with salt and freshly ground black pepper to taste. Serve with grilled fish or chicken. Garnish with a drizzle of olive oil, halved cherry tomatoes, red onions, lemon and coriander leaves if wished.

TIPS

- * Product available in New World and Pak'n Save.
- For extra flavour, add ½ tsp **Gregg's Smoked Paprika** to the softened onions.
- Alternatively, you can add ½ -1 tsp **Gregg's Ground Cumin** to the softened onions and stir chopped mint into the bean purée and serve this purée with roast lamb.
- Stir through chopped parsley into the bean purée if wished.
- Stir through ¼ cup grated parmesan cheese into the bean purée if wished.
- Stir through cooked, chopped spinach into the bean purée. Serve with grilled chicken or crumbed chicken with grilled tomatoes on the side.
- To flavour up your grilled chicken mix a little oil with **Gregg's Lemon Pepper Seasoning** or **Gregg's Moroccan Seasoning** and rub into the chicken.
- Season fish fillets with **Gregg's Chilli and Lime Seasoning** or **Dill and Lemon Seasoning**.

** This recipe is classified as Gluten Free. To the best of our knowledge, the ingredients used in this recipe including the Heinz Wattie's products do not contain any added cereals containing gluten or ingredients derived from cereals containing gluten. It is important to carefully read ingredient labels on food products because foods can sometimes be reformulated and the ingredients, allergens or nutrition information can sometimes change without notice.*