



# SMOKY WHITE BEAN TOASTS

with Tomato & Arugula Salad

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Cannellini Beans



1 | 2

Veggie Stock Concentrate



1 tsp | 2 tsp  
Paprika



1 tsp | 1 tsp  
Chili Powder



4 Slices | 8 Slices  
Sourdough Bread  
Contains: Soy, Wheat



1 | 2  
Tomato



1 Clove | 2 Cloves  
Garlic



2 oz | 4 oz  
Arugula



½ oz | 1 oz  
Pecans  
Contains: Tree Nuts



1.5 oz | 3 oz  
Honey Dijon Dressing  
Contains: Eggs



✓ READY, SET,  
LUNCH!



ANY ISSUES WITH  
YOUR ORDER?  
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GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 650



### BUST OUT

- Strainer
- Large bowl
- Medium bowl
- Kosher salt
- Plastic wrap
- Black pepper
- Olive oil (1 tsp | 1 tsp)

### TOAST FOR THE MOST

For even more flavor and crunch, toast the pecans in a small dry pan over medium-high heat until golden and fragrant.

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### INSTRUCTIONS

- Drain and rinse **beans**.
- In a medium microwave-safe bowl, combine **beans**, **stock concentrate**, **paprika**, and a **pinch of chili powder**. Cover with plastic wrap; microwave until warmed through, 1-2 minutes. Mash beans with a fork until about half the beans are smooth. Season with **salt** and **pepper** if desired.
- **Wash and dry produce**.
- Toast **sourdough** until golden brown. Meanwhile, thinly slice **tomato** into rounds. Season with a **drizzle of olive oil** and **salt**.
- Trim and peel **garlic**; rub cut side over one side of **toasted sourdough slices**.
- In a large bowl, toss together **arugula**, **pecans**, and **honey-Dijon dressing**. Season with a **pinch of salt** and **pepper**.
- Spread **bean mixture** over **garlic toasts**; top with **tomato slices** and as much **salad** as you like.
- Divide **toasts** between plates; serve with any **remaining salad** on the side.