



SPICY WHITE BEAN & KALE STEW

with Rice & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



4 oz | 8 oz
Kale



2 | 4
Scallions



1 TBSP | 2 TBSP
Tuscan Heat
Spice



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 2 TBSP
Flour
Contains: Wheat



2 | 4
Veggie Stock
Concentrates



1 | 2
Crushed Tomatoes



1 | 2
Cannellini Beans



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP
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HELLO

TUSCAN HEAT SPICE

Our blend of Italian-style herbs packs a little peppery heat; add chili flakes if you like more spice!



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 590



THICK 'N' THIN

Tender, creamy cannellini beans are perfect for stew! Remember not to drain off the liquid—it will give your dish a heartier texture.

BUST OUT

- Small pot
- Whisk
- Large pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



3 COOK STEW

- Heat a **drizzle of oil** in a large pot over medium-high heat. Add **scallion whites**, **Tuscan Heat Spice**, **garlic powder**, and **flour**; cook, stirring constantly, until spices are fragrant and flour has formed into a paste, 30-60 seconds.
- Slowly whisk in **1 cup water (2 cups for 4 servings)** and **stock concentrates**. Whisk until mixture is combined and smooth, 1-2 minutes.
- Add **kale**, **crushed tomatoes**, **beans and their liquid**, and a **big pinch of salt**. Bring to a boil, then reduce to a low simmer. Cook, stirring occasionally, until kale is wilted and tender and stew has slightly thickened, 7-9 minutes.
- Taste and season with **salt** and **pepper** if desired.



2 PREP

- Meanwhile, **wash and dry produce**.
- Trim and thinly slice **scallions**, separating whites from greens. Remove and discard any large stems from **kale**; roughly chop leaves if desired.



4 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide **stew** and rice between shallow bowls in separate sections. Garnish stew with **scallion greens** and **Parmesan**. Serve.