



# ONE-PAN TUSCAN TOMATOES & WHITE BEANS

with Zucchini, Ricotta & Parmesan Croutons

ONE PAN

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Yellow Onion



1 | 2  
Zucchini



1 | 2  
Cannellini Beans



¼ oz | ½ oz  
Parsley



1 tsp | 1 tsp  
Chili Powder



1 TBSP | 2 TBSP  
Italian Seasoning



14 oz | 14 oz  
Diced Tomatoes



1 | 2  
Demi-Baguette  
Contains: Soy, Wheat



2 | 4  
Tomatoes



1 | 2  
Mushroom Stock  
Concentrate



4 oz | 8 oz  
Ricotta Cheese  
Contains: Milk



¼ Cup | ½ Cup  
Parmesan Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Breast  
Strips

Calories: 900



9 oz | 18 oz  
Italian Chicken  
Sausage Mix

Calories: 960



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 700





HELLO






## CANNELLINI BEANS

These white beans have an earthy flavor and tender texture.

### MELT WITH YOU

When baking in step 5, keep a close eye on the topping! Remove the skillet as soon as you see melty cheese.

### BUST OUT

- Large pan (or 2 large pans)  
- Paper towels 
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp)  
- Olive oil (1 tsp | 1 tsp)

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com

 \*Chicken is fully cooked when internal temperature reaches 165°.

 \*Chicken Sausage is fully cooked when internal temperature reaches 165°.



### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and finely dice **onion**. Trim and quarter **zucchini** lengthwise; thinly slice into quarter-moons. Dice **tomatoes** into ½-inch pieces. Pick **parsley leaves** from stems; roughly chop leaves.



### 4 START SKILLET

- Add **beans and their liquid, stock concentrate, and ¼ cup water** (½ cup for 4 servings) to pan with **veggies**. Cook, stirring occasionally, until slightly reduced, 2-3 minutes. Taste and season with **salt and pepper**.
- Remove from heat. Stir in **remaining fresh tomatoes**. **TIP: If your pan isn't ovenproof, transfer filling to a small baking dish now.**

-  Stir **chicken** or **sausage** into pan along with **remaining fresh tomatoes**.



### 2 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably ovenproof, pan over medium-high heat. Add **onion, ¼ tsp salt** (½ tsp for 4 servings), and **pepper**. Cook, stirring occasionally, until tender and lightly browned, 3-6 minutes.
- Add another **drizzle of oil, zucchini, ¾ tsp salt** (1¼ tsp for 4), and **pepper**. Cook, stirring occasionally, until zucchini is softened, 4-7 minutes.
- Add **Italian Seasoning, half the chili powder** (all for 4), **half the fresh tomatoes, and ½ cup diced tomatoes** (¾ cup for 4). (Save the rest of the diced tomatoes for another use.) Cook, stirring, until mixture has slightly thickened, 30-60 seconds.

-  Pat **chicken\*** dry with paper towels and season all over with **salt and pepper**.
-  Heat a **drizzle of oil** in a second large pan over medium-high heat. Add chicken or **sausage\*** and cook, stirring frequently, until browned and cooked through, 4-6 minutes. Transfer to a plate.



### 5 FINISH SKILLET

- In a small bowl, combine **ricotta** with a **drizzle of olive oil**. Season with **¼ tsp salt** (½ tsp for 4 servings) and **pepper**.
- Dollop **ricotta** over **skillet**. Top with **croutons** and **Parmesan**.
- Bake on top rack until cheese melts, 2-3 minutes.



### 3 MAKE CROUTONS

- While veggies cook, halve **baguette** lengthwise. Brush cut sides with a **large drizzle of oil**; season with **salt and pepper**. Toast, cut sides up, directly on oven rack until golden, 5-6 minutes.
- Transfer toasted baguette to a cutting board. Dice into 1-inch **croutons**.



### 6 SERVE

- Garnish **skillet** with **chopped parsley**. Divide between plates or serve directly from pan.