



SMOKY & SPICY WHITE BEAN TOASTS

with Tomato & Arugula Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Cannellini Beans



1 tsp | 2 tsp

Hot Smoked
Paprika



1 | 2

Veggie Stock
Concentrate



1 | 2

Tomato



4 Slices | 8 Slices
Sourdough Bread

Contains: Soy, Wheat



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: 640



BUST OUT

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

GO NUTS

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**, **paprika**, and **stock concentrate**. 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. While sourdough toasts, thinly slice **tomato** into rounds. Season with a **drizzle of olive oil** and **salt**.
- Trim and peel **garlic clove**; rub cut side over one side of **toasted sourdough slices**.
- In a large bowl, toss together **arugula**, **pecans**, and **dressing**. Season with a **pinch of salt** and **pepper**.
- Spread **bean mixture** over **garlic toasts**; top with **tomato** and as much **salad** as you like.
- Divide **toasts** between plates; serve with any **remaining salad** on the side.