

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Bean and Pesto Bake with a Crusty Topping

Ingredients Serves 4

1 onion, peeled and chopped
2 garlic cloves, peeled and chopped
30mls olive oil or sunflower oil
1 tbsp chopped fresh mixed herbs
400g can chopped tomatoes
2 tbsp sun dried tomato pesto
400g can borlotti beans
400 can cannellini beans, drained
Salt and black pepper
Pinch sugar

Topping

100g fresh breadcrumbs
75g Cheddar cheese, finely grated
25g ground almonds

Method

Heat the oil in a flameproof casserole, add the onion, garlic and herbs and fry for 5 minutes until softened. Add the tomatoes and pesto and stir well.

Add the borlotti beans together with the liquid and the drained cannellini beans. Bring to the boil, cover and simmer gently for 15 minutes. Remove from the heat and season with salt and pepper to taste. Add a pinch of sugar to the mixture if it requires it to balance the bitterness of the tomatoes.

Mix the topping ingredients together until evenly combined. Scatter evenly over the top of the bean mixture and bake in the oven at 200°C for 15 minutes until the top is golden and crisp.

Serve with a green vegetable and some warm bread.

Per serving approx

510 kcals

73g carbs

16g protein