



ONE PAN TUSCAN BAKED RAGU (DINNER)



2 servings



30 minutes

INGREDIENTS

1 tin butterbeans (400g)

Fresh basil

200g cherry tomatoes

8 sun dried tomatoes, drained from
oil and chopped 1 shallot

2 cloves garlic

Few handfuls of spinach

2 tbsp half fat crème fraîche

1 tsp smoked paprika

Chicken or veg stock cube

1 lemon

Parmesan

Protein of choice using the guide

DIRECTIONS

1. Season the protein with salt and pepper. Sear in a hot pan on all sides until coloured. Remove and set to one side.
2. In the same pan, sweat the shallot and garlic with a pinch of salt. Mix in the whole cherry, and sun-dried tomatoes, 1 tsp smoked paprika and chopped basil stems.
3. Sauté for a few minutes, then add in a stock cube and 200ml water. Bring to a simmer, tip in the butterbeans and leave for 5 minutes.
4. Turn the heat right down, add in 2 tbsp crème fraîche, the zest of a lemon, 15g grated Parmesan and a crack of black pepper. Stir, then mix in the spinach and some chopped basil.
5. Place the protein into the dish and allow to warm through until cooked. Serve with extra basil sprinkled over the top and grating of parmesan.

247kcal and 15g protein per portion not including additional protein.