

Vegetable Oxo : creamy beans with parmesan toasts / Tesco.

Contributors

Tesco (Firm)

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Vegetable OXO

RECIPES

from
TESCO

Creamy Beans with Parmesan Toasts

Approximate cooking time: 10 minutes.

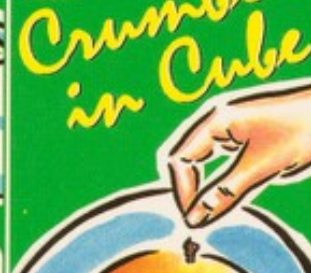
1 Fry Onions
with Beans



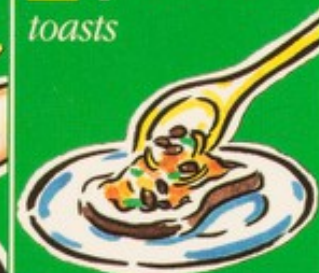
2 Stir in
cream
mixture



3
*Crumble
in Cube*



4 Spoon over
toasts



5 Serve





Creamy Beans with Parmesan Toasts

SERVES 2

Approximate cooking time: 10 minutes.

INGREDIENTS

- ◆ 1 MEDIUM ONION
- ◆ 3 CELERY STICKS
- ◆ 1 GARLIC CLOVE
- ◆ 1 SMALL GREEN PEPPER
- ◆ 213g CAN BUTTER OR CANNELLINI BEANS
- ◆ 213g CAN KIDNEY BEANS
- ◆ 75ml/3fl oz SINGLE CREAM
- ◆ 75ml/3fl oz NATURAL YOGHURT
- ◆ 5ml/1 level tsp CORNFLOUR
- ◆ 2 VEGETABLE OXO CUBES
- ◆ FRESHLY MILLED BLACK PEPPER
- ◆ 5ml/1 tsp + 15ml/1 tbsp OIL
- ◆ 2 THICK SLICES OF BREAD
- ◆ 30ml/2 tbsp GRATED PARMESAN CHEESE

METHOD

1. Peel and thinly slice the onion. Separate into rings. Very thinly slice the celery. Skin and crush the garlic. Cut the pepper into quarters, discarding the stem and seeds, and roughly chop the flesh. Drain and rinse the beans under cold running water, then drain well.
2. Whisk together the cream, yoghurt, cornflour, 1 Oxo cube and season with pepper.
3. Heat 5ml/1 tsp of the oil in a non-stick frying pan and add the onion, celery, garlic and pepper. Cook over medium-high heat, stirring frequently, until soft and beginning to brown. Stir in the beans.
4. Add the cream mixture and heat, stirring frequently, until bubbling hot.
5. Crumble the second Oxo cube into the remaining oil and stir to combine. Spoon over one side of each of the slices of bread and sprinkle with the cheese. Grill until golden brown.
6. Serve the Creamy Beans spooned on to the hot toasts.

More Information

If you would like to receive further recipes for these and other Oxo cubes, please write, enclosing an A5 S.A.E., to the following address:
Oxo Recipe Card Offer, PO Box 100, Burnley, Lancs., BB11 1DT.

