



ACF Legumes from Europe Online Competition Recipe Template

Dish Title

Fagioli con due Formaggi (Beans with two Cheeses) – Amber Heaton, QLD

Ingredients

- 2 Garlic cloves, minced
- 30ml Extra virgin olive oil
- 250g Cannellini beans, drained
- 60ml Water
- 1/2tsp Dried oregano
- 1/4tsp Cumin
- 80g Heirloom cherry tomatoes, halved
- 10g Parsley, finely chopped
- 15g Parmesan cheese, grated
- 15g Pecorino cheese, grated
- 1/2 lemon, juiced
- Salt and Pepper to taste

Method

- In a medium frypan heat extra virgin olive oil over medium heat. Add the garlic and cook till fragrant.
- Add the cannellini beans and water. Season with salt, black pepper, oregano, and cumin.
- When the beans come to a simmer, add the cherry tomatoes. Cook, stirring occasionally until warmed through (about 5-10 minutes)
- Stir in the parsley, cheese, and lemon juice.
- Finish with a generous drizzle of extra virgin olive oil.
- Serve immediately and garnish with freshly grated cheese and parsley.
- Enjoy on its own or with your favourite crusty bread.

