

# BEFORE

Tinned goods turned into cheffy goodness

Beans – purées are very cheffy, you need to learn how to make sexy mash

## HAPPY YELLOW BUTTERBEAN PURÉE

### INGREDIENTS

- 2 tins butterbeans, drained
- 1/4 cup cream or milk or simply use stock if you want to omit dairy
- 1 clove garlic, crushed
- ¼ teaspoon turmeric
- ¼ veggie or chicken stock cube to taste

Guys this recipe is just too easy. If you have any roast carrots, butternut or sweet potato left over in the fridge, feel free to throw about half a cup of that roasted goodness in here too.

### METHOD

Place all ingredients in a large saucepan and heat over a low heat, stirring regularly for about 10 minutes until wonderfully hot. Once the beans are heated through, simply mash with the metal head of a stick blender OR place in a food processor once cooled slightly. Either process completely or leave slightly chunky for a more rustic mash! Feel free to add some hot water to make this puree thinner if you don't want it as thick. You can make this as thick or as thin as you like. And if you have leftovers, you can repurpose this as a sexy dip (drizzle with olive oil, crushed pistachios, and dukkha). Serve either serve chunky or as a puree. NOTE You can change the flavour of these beans to suit or match your meal. These beans can take on multiple personalities so have fun! Add a teaspoon of chopped rosemary if you are matching lamb. Add a teaspoon of grainy mustard or horseradish if you are matching beef or pork. Add a teaspoon of curry powder if you are serving this with a curry. Add smoked garlic and smoked paprika to match a Spanish theme.

## THE CHALLENGE

Tone is great: effervescent!

Lots of great content.

Not clear what the heading is.

Lay out of ingredients and use of 1/4 and ¼ confusing.

Statement about carrots out of place.

Method cluttered and too hard to follow.

# AFTER

## TINNED GOODS TURNED INTO 'CHEFFY' GOODNESS

### HAPPY YELLOW BEAN PURÉE

Guys, purées are very 'cheffy', and this recipe is just too easy. This sexy mash can be chunky or puréed and is a great accompaniment to any meal.

### INGREDIENTS

2 tins butterbeans, drained  
1 clove garlic, crushed  
1/4 teaspoon turmeric

1/4 veggie or chicken stock cube  
1/4 cup cream or milk (use stock if  
you want to omit dairy)

### METHOD

1. Place all ingredients in a large saucepan and heat over a low heat, stirring regularly for about 10 minutes until wonderfully hot.
2. Once the beans are heated through, simply mash with the metal head of a stick blender OR place in a food processor once cooled slightly. Either process completely or leave slightly chunky for a more rustic mash! You can make this as thick or as thin as you like. Just add some hot water to thin the purée.

### NOTE

If you have any roast carrots, butternut or sweet potato left over in the fridge, feel free to throw about half a cup of that roasted goodness in here too.

You can also change the flavour of these beans to suit or match your meal. These beans can take on multiple personalities so have fun! Add:

- a teaspoon of chopped rosemary if you are matching lamb.
- a teaspoon of grainy mustard or horseradish if you are matching beef or pork.
- a teaspoon of curry powder if you are serving this with a curry.
- smoked garlic and smoked paprika to match a Spanish theme.

If you have leftovers, you can repurpose this as a sexy dip (drizzle with olive oil, crushed pistachios, and dukkha).

## THE RESULT

Effervescent tone still present.

Clearer headings and introduction.

Ingredients easy to scan across two columns.

Method steps clearly laid out and easy to follow.

All tips and variations easy to find in the breakout box.