

ALL VEGGIE PAN BAGNAT

Preparation: 45 minutes | Cooking: 0 minutes | Servings: 6

INGREDIENTS

1 loaf ciabatta, split horizontally
1 large red bell pepper, halved lengthwise
1 small garlic clove, grated
2 cups cannellini beans, no salt added, rinsed and drained
1 cup fennel bulb, thinly sliced
½ cup red onion, thinly sliced

¼ cup nicoise olives, chopped
4 ounces French green beans, trimmed
2 tablespoons extra-virgin olive oil
1 tablespoon drained capers, chopped
1 tablespoon flat-leaf parsley, chopped
1 tablespoon chives, chopped
2 teaspoons white wine vinegar
1 teaspoon tarragon, chopped



INSTRUCTIONS

Broil bell pepper halves on sheet for about 8-10 minutes or until peppers look blistered. Transfer to a bowl and cover with plastic wrap to stand for about 10 minutes or until softened. Remove skin, stem and seeds before thinly slicing pepper flesh. Bring a large saucepan of water to a boil before adding French green beans, and cook for about 2-3 minutes or until bright green. Drain and place in ice bath for 10 minutes to chill. Drain and cut diagonally into 1 ½-inch pieces. Stir capers, parsley, chives, vinegar, tarragon, mustard, salt, black pepper and garlic together in a medium bowl. Slowly drizzle in oil while whisking, until thoroughly mixed. Brush 2 tablespoons of dressing on cut side of top half of ciabatta. Place 1 cup of beans into a medium bowl and mash thoroughly before stirring in 2 teaspoons of dressing and remaining 1 cup of beans. Spread bean mix on cut side of the bottom half of ciabatta. Toss together roasted pepper slices, French green beans, fennel, onion, olives and remaining 2 tablespoons of dressing in a bowl. Top bean mixture with vegetable mixture before wrapping in plastic wrap and aluminum foil. Place between 2 baking sheets with a skillet on top to flatten while leaving to chill.