



More Than Food
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Brazilian Pork & Sausage Feijoada with Black Beans and Coriander

Feijoada is a traditional Brazilian meat stew eaten daily with lots of beans! We've made ours with some pretty special pulled pork which has been slow cooked for 14 hours by our lovely friend Steve from Grubworkz in Somerset! And we've included some Roaming Roosters sausages! If you're not going to take part in the Summer Games, the next best thing is putting your feet up and enjoying some delicious Brazilian fodder!



30 mins



healthy



lactose free



spicy



gluten free



family box



Sous Vide Spiced Pork
(500g)



Toulouse Sausage
(1)



Red Onion
(1)



Celery
(2 sticks)



Garlic Clove
(1)



Smoked Paprika
(1 tbsp)



Water (200ml)



Chicken Stock Pot
(1)



Organic Black Beans
(2 tins)



Coriander
(10 tbsp)



Vine Tomato
(2)



Lime
(1)



Red Chilli
(1)

4 PEOPLE INGREDIENTS

- Sous Vide Spiced Pork
- Toulouse Sausage
- Red Onion, chopped
- Celery, chopped
- Garlic Clove, grated
- Smoked Paprika
- Water

- Chicken Stock Pot **1**
 - Organic Black Beans **2 tins**
 - Coriander, chopped **10 tbsp**
 - Vine Tomato, chopped **2**
 - Lime **1**
 - Red Chilli, sliced **1**
- 500g**
1
1
2 sticks
1
1 tbsp
200ml

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Chilli strength is measured in Scoville heat units!

Allergens: Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	627 kcal / 2654 kJ	29 g	10 g	46 g	7 g	49 g	2 g
Per 100g	120 kcal / 506 kJ	6 g	2 g	9 g	1 g	9 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

1



1 Pre-heat your oven to 200 degrees. Open the packet of **sous vide spiced pork** and place just the meat from the bag on your chopping board (reserve the juices in the bag for later). Cut the **pork** into four even-sized pieces. Pop these four pieces into an ovenproof dish, pour over the **juices** from the bag and then cover the dish with tinfoil. Reheat the **pork** in your oven for 20 mins whilst you get on with preparing the rest of the ingredients.

2 Heat a wide, deep saucepan over medium heat and add a splash of **oil**. When the **oil** is hot, add the **sausage** and cook for 7-10 mins. Turn the **sausage** regularly to make sure it is browned all over.

3



3 While your **sausage** is cooking, cut the **red onion** in half through the root, peel and then chop one half into very small chunks (this will be for a salsa) and slice the other half into thin half moon shapes. Chop the **celery** widthways as thin as you can. Peel and grate the **garlic clove** (or use a garlic press if you have one!).

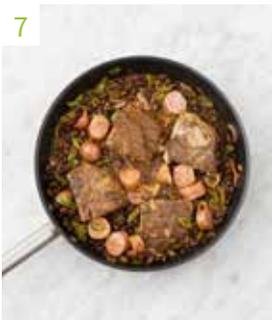
4 When your **sausage** is nicely browned all over, remove from the pan and keep to one side (it will go back in the stew later.) Add your sliced **red onion** and **celery** to the pan and cook for 5 mins or until soft. Add the **garlic** and **smoked paprika** and cook for 1 minute more. Pour in the **water** specified in the ingredients table above and then stir in the **chicken stock pot**. Make sure the **stock pot** dissolves and then reduce the heat to low.

6



5 Drain the **black beans** in a colander and rinse under cold water. Add the **beans** to the pan and cook for 10 mins. When the 20 mins reheating time for your **pork** is up, carefully pour the **juices** from the dish into the pan with your **bean stew**. Keep your **pork** warm, wrapped in tinfoil. Cook your **stew** for a further 5-7 mins to reduce and thicken your **sauce**.

7



6 Now you need to make your salsa. Roughly chop the **coriander** and pop it in a bowl with the **red onion** chunks you chopped earlier. Chop the **vine tomatoes** into ½cm chunks and add to the bowl with a pinch of **salt**. Stir well and then add the **zest** and **juice** of the **lime**. Cut the **chilli** in half lengthways, remove the seeds and then finely slice. Add as much **chilli** to your salsa as you dare!

7 Chop your **sausage** into bite-sized pieces and add to the **stew** with your **pork**. Make sure your pork and sausage is covered with your sauce and cook for 3 mins or more until everything is piping hot.

8 Serve your **pork and sausage stew** immediately with a generous amount of **salsa** on top. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!