



Smoked Sausage & Bean "Cowboy" Pie with Monterey Jack and Cheddar

Family Hands On Time: 25 Minutes • Total Time: 45 Minutes



Hickory Smoked Sausage



Potatoes



Onion



Spring Onion



Garlic Clove



Cheddar Cheese



Monterey Jack Cheese



Black Beans



Chicken Stock Paste



Finely Chopped Tomatoes with Onion and Garlic



BBQ Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Baking Tray, Garlic Press, Colander, Bowl, Frying Pan, Wooden Spoon, Measuring Jug, Plate. Grater

Ingredients

	2P	3P	4P
Hickory Smoked Sausage 14 **	2	3	4
Potatoes**	450g	700g	900g
Onion**	1	1	2
Spring Onion**	2	3	4
Garlic Clove	1	2	2
Cheddar Cheese 7 **	30g	45g	60g
Monterey Jack Cheese 7 **	30g	60g	60g
Black Beans	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
BBQ Sauce 13	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	771g	100g
Energy (kJ/kcal)	3333 /797	432 /103
Fat (g)	33	4
Sat. Fat (g)	14	2
Carbohydrate (g)	88	12
Sugars (g)	25	3
Protein (g)	35	5
Salt (g)	5.56	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Cook the Sausages

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**. Pop the **sausages** on a baking tray and roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. **IMPORTANT:** *The sausages are cooked when they are no longer pink in the middle. IMPORTANT: Wash your hands and equipment after handling raw meat.*



Make the Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper** and stir in the **spring onions**. Cover with a lid to keep warm. Once the **sausages** are cooked, transfer them to a board and chop them into 2cm chunks. Add them to the **tomato sauce**. Increase your oven temperature to 220°C.



Prep

Meanwhile, chop your **potatoes** into 2cm chunks (no need to peel). When boiling add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. Halve, peel and thinly slice the **onion**. Trim and thinly slice the **spring onions**. Peel and grate the **garlic** (or use a garlic press). Grate both **cheeses**. Drain and rinse the **black beans** in a colander, pop **half** of the **beans** into a bowl and mash with the back of a fork.



Build the Pie

Stir the **BBQ sauce** through the **sausage** and **bean mix**, taste and add more **salt** and **pepper** if needed. Transfer to an appropriately sized oven proof dish (we used a 20x20 cm for 2 people). Top with the **mashed potatoes**, spread to cover the **sausage mixture** and sprinkle over the **cheese**. Cook on the top shelf of your oven until golden and bubbling, 10-15 mins.



Start the Filling

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. When hot add the **onion** to the pan and cook until soft, 4-5 mins. Add the **garlic** and cook for 1 min. Pour in the **water** (see ingredients for amount), **chicken stock paste**, **chopped tomatoes** and **black beans** (both whole and crushed). Stir well, then bring to a boil, lower the heat to simmer until slightly thickened, 5-7 mins.



Time to Serve

When the **pie** is ready, share between your plates.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.