



Toulouse Sausage

With Cannellini Bean Stew

CLASSIC 35 Minutes • 1 of your 5 a day

N° 6



Shallot



Garlic Clove



Cannellini Beans



Potato



Toulouse Sausage



Panko Breadcrumbs



Red Wine Jus Paste



Tomato Puree



Cavolo Nero

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Shallot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Cannellini Beans	1 carton	1½ cartons	2 cartons
Potato**	1	1	2
Toulouse-Style Sausage 14)**	4	6	8
Panko Breadcrumbs 13)	10g	25g	25g
Water for the Sauce*	300ml	450ml	600ml
Red Wine Jus Paste 10) 14)	1 pot	1½ pots	2 pots
Tomato Puree	1 sachet	1½ sachets	2 sachets
Cavolo Nero**	1 small pack	1 medium pack	1 large pack

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	2312 /553	348 /83
Fat (g)	15	2
Sat. Fat (g)	5	1
Carbohydrate (g)	70	11
Sugars (g)	9	1
Protein (g)	32	5
Salt (g)	4.76	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started!

Preheat your oven to 200°C. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a **garlic press**). Drain and rinse the **cannellini beans** in a sieve. Cut the **potato** in 2cm chunks and put on a baking tray with a drizzle of **oil**, **salt** and **pepper**. Roast on the top shelf of your oven until golden, 25-30 mins, turning half way through cooking



4. Make the Sauce

Return the frying pan to the medium high heat and add a drizzle of **oil**. When hot add the **shallot** and cook until soft, 3-4 mins. Add the remaining **garlic** and cook for a further minute.



2. Cook the Sausages

Once the **potatoes** have been in the oven for 5 mins, add the **sausages** to the same tray and return to the oven for the remaining 20-25 minutes. **IMPORTANT:** The sausages are cooked when they are no longer pink in the middle.



5. Finish the Sauce

Pour in the **water** (see ingredients for amount), **red wine jus paste** and **tomato puree** to the pan with the **shallot**. Mix well and add the **chopped cavolo nero** and **cannellini beans**. Bring to a boil and then reduce the heat down to a simmer. Cover with a lid or tin foil and cook until the **cavolo nero** is tender, 8-10 mins.



3. Make Your Crumb

Heat a drizzle of **oil** in a large frying pan pan on a medium high heat. Once hot add the **panko breadcrumbs** and **half the garlic**, cook until the **crumbs** are golden brown, stirring frequently, 2-4 mins. **TIP:** Watch them like a hawk as they can burn easily. Pour into a bowl and set aside.



6. Time to Serve

Taste and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of water too if the liquid has boiled off too much. Serve the **bean stew** between your bowls and top with the **roasted potatoes**. Pop **sausages** on top and sprinkle over the **crumb**.

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.