



Cooking Made Easy

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## Smokin' Cowboy Sausage, Homemade Baked Beans & Mash

Patrick is a pretty open-minded guy. Except when it comes to baked beans. When Sous Chef Rachel said she could beat his favourite Heinz beans (it's a bit of a guilty pleasure with granary toast and salty butter) he just wasn't convinced. Then the impossible happened! We recommend you co-ordinate the beans, mash and sausages at the same time, as far as your juggling skills allow and the cooking time will be halved.

40 min

family box

gluten free

spicy



Onion (1)



Garlic Clove (1)



Flat Leaf Parsley (1 tbsp)



Thyme (few sprigs)



Pancetta (¼ cup)



Smoked Paprika (1tbsp)



Muscovado Sugar (1tbsp)



Organic Chopped Tomatoes (1 tin)



Organic Mixed Beans (1 tin)




Potato (4)




Sausage (8)

## Ingredients

	2P	4P
Onion, diced	-	1
Garlic Clove	-	1
Flat Leaf Parsley, chopped	-	1 tbsp
Thyme	-	few sprigs
Pancetta, cubed <b>1</b>	-	2 packs
Smoked Paprika	-	1 tbsp
Muscovado Sugar	-	1 tbsp
Organic Chopped Tomatoes	-	1 tin
Organic Mixed Beans	-	1 tin
Potato, cubed	-	4
Sausage <b>1</b>	-	8

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

**1)** Sulphites

**Nutrition per serving:** Calories: 843 kcal | Protein: 42 g | Carbs: 83 g | Fat: 38 g | Saturated Fat: 16 g

3



**1** Peel and finely dice the onion. Peel and just bash the garlic clove and finely chop your parsley. **Tip:** *Keep the garlic relatively whole so you can remove it once it has done its job and released its flavour.*

4



**2** Heat 1 tbsp of olive oil in a pan on medium heat. Once warm, gently cook the onion for 3 mins until soft. Strip the leaves from the thyme stalks and add into the pan. **Tip:** *If the onions begin to colour add 1 tbsp of water and turn the heat down a bit.*

5



**3** Add the pancetta to the onions along with the smashed garlic and cook for 5 mins. **Tip:** *You want the pancetta to go ever so slightly crispy at the edges*

6



**4** Add the smoked paprika, sugar, tomatoes and drained beans. Add 1 tsp of salt and a few good grinds of pepper. Give it all a good stir and let it bubble gently for 20 mins or until it is nice and thick. Give it a stir every now and then and add the chopped parsley at the end of cooking

**5** Bring a large pot of water to a gentle boil with a tsp of salt. Peel

the potatoes and cut into approximately 3cm cubes and add to the water. Gently cook for around 15 mins until soft enough to mash (a knife will slip easily through). **LH:** *Once drained, mash the potato with a little milk and butter (if you have them) and season with salt and pepper.*

**6** Place the sausages on a baking tray (with some foil underneath to save washing up!). Cook the sausages under a hot grill for 15 mins, turning occasionally to get a nice all over colour.

**7** Once cooked, slice the sausages at an angle and serve with a mound of the potato and a big cowboy ladle of the smoked beans!