



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on [f](#) [t](#) [i](#)
You'll be entered into our weekly photo contest!

Pork Belly and Sausage Cassoulet with a Herb Crumb and Spring Greens

Our Victoria came up with this pork belly and sausage cassoulet when her friends came to visit. You see, they're French and she met them in the South of France. Luckily for her, she had some spare sausages in her fridge, so rustling up this beauty of a recipe was easy. Apparently, they chatted the night away with memories of summers gone by on the shores of Southern France. Bon Appétit!



40 mins



family box



lactose free



Pork Sausage
(1)



Carrot (3)



Onion (1)



Garlic Clove (2)



Thyme
(5 sprigs)



Spring Greens
(1 bag)



Pork Belly
Rashers (150g)



Herbes de
Provence (1½ tsp)



Organic Butter
Beans (1 tin)



Organic
Cannellini Beans
(1 tin)



Chicken
Stock Pot (1)



Organic Chopped
Tomatoes (1 tin)



Flat Leaf
Parsley (5 tbsp)




Breadcrumbs
(6 tbsp)

Ingredients

4 PEOPLE ALLERGENS

Pork Sausage	1	Sulphites
Carrot, chopped	3	
Onion, sliced	1	
Garlic Clove, chopped	2	
Thyme	5 sprigs	
Spring Greens, chopped	1 bag	
Pork Belly Rashers	150g	
Herbes de Provence	1 ½ tsp	
Organic Butter Beans	1 tin	
Organic Cannellini Beans	1 tin	
Chicken Stock Pot	1	
Chopped Tomatoes	1 tin	
Flat Leaf Parsley, chopped	5tbsp	Milk
Breadcrumbs	50g	

Nutrition per serving: Calories: 720 kcal | Protein: 50 g | Carbs: 62 g | Fat: 27 g | Saturated Fat: 9 g

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH: Step for little hands

Did you know...

Spring greens contain a serious amount of both vitamin C and vitamin K - which support your immune system and make your bones strong!

2



1 Heat your grill to medium-high and place the **sausage** on a baking tray underneath the grill for 15 mins, turning occasionally, until nice and golden. Once cooked, remove, slice widthways to form 'mini sausages' and set aside. **Tip:** *You can keep the grill on as we will need it for later!*

3



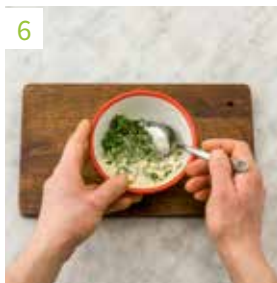
2 In the meantime, you can get on with chopping all the veggies! Peel the **carrots**, chop off the ends, cut it in half along its length, repeat to form four long strips, then slice at ½cm intervals to create quarter moons. Chop the top and bottom ends off the **onion**, cut in half and peel, then thinly slice. Peel and finely chop the **garlic** (if you have a garlic press you can use this!). Pick the **thyme leaves**. Finally, cut the tough end off the bottom of the **spring greens** and roughly chop into 2-3cm chunks.

4



3 Slice the **pork belly rashers** lengthways into 1cm strips, called 'lardons'. Heat 1 tbsp of **oil** in a large ovenproof dish and cook the lardons over medium-high heat until crisp and golden. This should take about 10 mins.

6



4 Now add the **carrot** and **onion** to the dish and reduce the heat to medium. Once the veggies have softened (about 8 mins), you can add the **garlic, thyme leaves, herbes de provence**, a good pinch of **salt** and grind of **black pepper**. Mix together and cook for a further 2 mins.

5 Drain and rinse all the **beans** and add them to the dish, together with 250ml of boiling **water**, the **chicken stock pot** and **chopped tomatoes**. Bring to the boil, stirring well. Simmer for 15 mins until some of the liquid reduces. **Tip:** *If you have some red wine sitting you might like to add a good splash of this too!*

6 While the bean cassoulet is bubbling away you can prepare the herb crumb topping. Pick the leaves from the **parsley** and finely chop them. **LH:** *In a bowl, combine the **breadcrumbs**, chopped **parsley**, 2 **tbsp olive oil**, a good pinch of **salt** and grind a of **pepper**. Set aside.*

7 Carefully add your cooked **sausages** to the bean cassoulet, combine and top with the herb crumb topping. Place under the grill for 3 mins or until the topping is deliciously golden.

8 Now for the **spring greens**. Put 1 tbsp **oil** (**butter** is even better if you have some!) in a large frying pan over medium heat, add the **spring greens** and a pinch of **salt** and sauté for a few mins until the leaves start to wilt. Take off the heat and serve with your sausage bean cassoulet. **Tip:** *You can add a splash of water too if things start to stick!*

9 Enjoy!