



Chicken and Sausage Cassoulet with a Chorizo Crumb and Rosemary Garlic Bread

Limited Edition 40 Minutes

N° 31



Pork and Oregano Sausage



Flat Leaf Parsley



Rosemary



Cannellini Beans



Garlic Clove



Diced Chicken Breast



Finely Chopped Tomatoes



Chicken Stock Paste



Ciabatta



Chorizo



Panko Breadcrumbs

Before you start

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

Cooking tools, you will need:

Baking Tray, Sieve, Bowl, Garlic Press, Saucepan, Measuring Jug.

Ingredients

	2P	3P	4P
Pork and Oregano Sausage 13) 14)**	4	6	8
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Rosemary**	1 bunch	1 bunch	1 bunch
Cannellini Beans	1 carton	1½ cartons	2 cartons
Garlic Clove	2	3	4
Diced Chicken Breast**	280g	420g	560g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Water for the Beans*	100ml	150ml	200ml
Ciabatta 11) 13)	1	2	2
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
Chorizo**	60g	90g	120g
Panko Breadcrumbs 13)	25g	25g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	688g	100g
Energy (kJ/kcal)	4015 /960	584 /140
Fat (g)	45	7
Sat. Fat (g)	15	2
Carbohydrate (g)	63	9
Sugars (g)	10	2
Protein (g)	72	10
Salt (g)	5.70	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 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

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Bake Your Sausages

Preheat your oven to 200°C. 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. Turn halfway through. Remove and keep covered once cooked. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when they are no longer pink in the middle.



Garlic Bread Time

While the **cassoulet** cooks, cut the **ciabatta** in half. Put the **garlic**, the remaining **rosemary** and the **olive oil** (see ingredients for amount) into a small bowl, mix well then spread the **garlicky mix** on top of each cut side. Pop them onto one side of the **sausage** baking tray and bake until golden, 5-6 mins. Then remove from the oven.



Get Prepped

In the meantime, roughly chop the **parsley** (stalks and all). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Drain and rinse the **cannellini beans** in a sieve. Pop ¼ of the **beans** into a small bowl and mash gently with a fork. Peel and grate the **garlic** (or use a garlic press).



Oh Crumbs

In the meantime, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Add the **chorizo** and fry until it starts to brown on the outside, 2-3 mins. Add the **breadcrumbs** to the **chorizo** and fry, stirring regularly, until they are lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Once cooked, remove the **chorizo crumbs** to a bowl, add the **parsley** and mix well.



Cook the Cassoulet

Heat a drizzle of **oil** in a large saucepan on medium-high heat. When hot, add the **chicken**, season with **salt** and **pepper** and cook until it starts to brown, 5-6 mins, stirring occasionally. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Add the **chopped tomatoes**, **beans** (whole and mashed), **chicken stock paste**, **water for the beans** (see ingredients for amount) and **half the rosemary** to the pan. Season with **salt** and **pepper**. Bring up to the boil then reduce the heat and simmer gently until thickened, 10-12 mins.



Finish and Serve

Once the **cassoulet** is cooked, remove from the heat, taste and season with more **salt** and **pepper** if needed. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Spoon the **chicken** and **bean cassoulet** into bowls, top with the **sausages** and finish by sprinkling the **chorizo-parsley crumbs** all over. Serve with the **rosemary garlic bread** on the side and tuck in.

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.