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## Grilled Sausages with Smoky Baked Beans and Mash

Patrick is a pretty open-minded guy. Except when it comes to baked beans. When Sous Chef Mimi said she could beat his favourite Heinz beans (it's a bit of a guilty pleasure of his, with granary toast and salty butter) he just wasn't convinced. And 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 mins



2 of your 5 a day



family box



Onion  
(1)



Garlic Clove  
(2)



Dried Thyme  
(½ tbsp)



Flat Leaf Parsley  
(½ bunch)



Mixed Beans  
(2 tins)



Pancetta  
(2 packs)



Smoked Paprika  
(½ tsp)



Chopped Tomatoes  
(2 tins)



Potato  
(2 packs)



Pork and Oregano  
Sausage (8)


## 4 PEOPLE INGREDIENTS

- Onion, chopped
- Garlic Clove, bashed
- Dried Thyme
- Mixed Beans
- Flat Leaf Parsley, chopped

- 1
- 2
- ½ **tbsp**
- 2 **tins**
- ½ **bunch**

- Pancetta
- Smoked Paprika
- Chopped Tomatoes
- Potato, chopped
- Pork and Oregano Sausage

- 2 **packs**
- 1½ **tsp**
- 2 **tins**
- 2 **packs**
- 8

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Every hour, 38.5 tons of baked beans are eaten in Britain.

**Allergens:** Mustard, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	634 kcal / 2659 kJ	22 g	7 g	69 g	13 g	37 g	1 g
<b>Per 100g</b>	88 kcal / 368 kJ	3 g	1 g	10 g	2 g	5 g	0 g



**1** Cut the **onion** in half through the root, peel and chop into very small chunks. Peel and bash the **garlic**. **Tip:** *Keep the garlic relatively whole so you can remove it once it has done its job and released its flavour.* Strip the **leaves** from the **thyme** stalks. Roughly chop the **parsley**. Drain the **mixed beans** and rinse well.



**2** Heat a splash of **olive oil** in a pan on medium heat. Once warm, gently cook your **onion** and **thyme** for 3 mins until soft. **Tip:** *If the onion begins to colour, add a splash of water and turn the heat down a bit.*



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



**4** Add the **smoked paprika**, **chopped tomatoes**, **mixed beans** and a pinch of **sugar** (if you have some). Season with **salt** and a few good grinds of **black pepper**. Give it all a good stir and let it bubble gently for 20 mins or until it is nice and thick. Once thickened stir through your **parsley**.



**5** Bring a large pot of water to a gentle boil with a pinch of **salt**. Chop the **potato** into approximately 3cm cubes (no need to peel!) and add to the pot. Cook for around 15 mins until soft. **Tip:** *The potato is cooked when you can easily slip a knife through.* Drain and mash your **potato** with a little **milk** and **butter** (if you have some) and season with **salt** and **pepper**.



**6** Preheat your grill to high. Place the **sausage** on a baking tray (with some foil underneath to save washing up!). Cook under your grill for 15 mins, turning occasionally to get a nice even colour.

**7** Slice your **sausage** at an angle and serve on a mound of your **mash potato** and a big ladle of your **smoky baked beans**!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!