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Hearty Toulouse Sausage Cassoulet with a Kick of Chilli

Much as the Italians will often add a whole, unchopped clove of garlic to the pan to add a milder flavour, here you'll just stab the chilli to release a bit of heat and flavour. The beauty of this recipe is that you can adjust the spice level by sticking your knife in as many times as you like. Patrick likes his cassoulet a bit cheeky so his chilli looked like a pin cushion!

 45 mins

 3 of your 5 a day

 mealkit

 spicy



Onion (1)



Garlic Clove (2)



Green Pepper (1)



Flat Leaf Parsley (1 bunch)



Tomato Purée (1 tbsp)



Plum Tomatoes (1 punnet)



Cannellini Beans (1 tin)



Thyme (1 bunch)



Bay Leaf (1)



Chicken Stock Pot (1)



Water (100ml)




Red Chilli (1)



Toulouse Sausage (4)

2 PEOPLE INGREDIENTS

- Onion, sliced **1**
- Garlic Clove, grated **2**
- Green Pepper, chopped **1**
- Flat Leaf Parsley, chopped **1 bunch**
- Tomato Purée **1 tbsp**
- Plum Tomatoes, halved **1 punnet**
- Cannellini Beans **1 tin**
- Thyme **1 bunch**
- Bay Leaf **1**
- Chicken Stock Pot **1**
- Water **100ml**
- Red Chilli **1**
- Toulouse Sausage **4**

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

Did you know...

Historically, bay leaves were believed to heal bee and wasp stings.

Allergens: Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	622 kcal / 2462 kJ	30 g	9 g	42 g	12 g	39 g	3 g
Per 100g	106 kcal / 419 kJ	5 g	2 g	7 g	2 g	7 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Cut the **onion** in half through the root, peel and slice thinly into half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **green pepper** and chop into 3cm cubes. Finely chop the **parsley**.



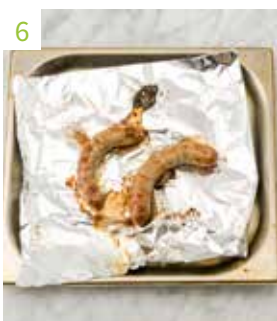
2 Heat a splash of **olive oil** in a saucepan over medium heat. Add your **onion**, **garlic** and **pepper**, cook gently for 5 mins, until your **onion** is soft.

3 Add the **tomato purée** and cook for 1-2 mins to allow the full flavour of the tomato to be released.



4 Preheat your grill to high. Cut the **plum tomatoes** in half and add to the pan. Drain, rinse and add the **cannellini beans** along with the **thyme sprigs**, **bay leaves**, **chicken stock pot** and the **water** (amount specified in the ingredient list). Add a pinch of **salt** and a few grinds of **black pepper** and let it bubble away for 20 mins until it thickens. This is your cassoulet.

5 Stab the **red chilli** with a knife and add to the pan. **Tip:** *The more you stab the chilli the more spice and seeds will be released - so if you want a milder version only make a few small stabs.*



6 While your cassoulet is cooking, grill the **sausage** on a foil lined grill pan for 15-20 mins until cooked through. **Tip:** *The sausage is cooked when it is no longer pink in the middle.*

7 Once cooked, remove the **thyme sprigs**, **bay leaves** and **red chilli**, from your cassoulet. Serve your **sausage** on top of your **cassoulet** and finish with a sprinkling of **parsley**.

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