

# Sausage and Sweet Potato Fries

with Pancetta Beans





Traditionally, this was used as antiseptic for a sore throat and as a digestive to prevent stomach upset.



Tuscan Sausage



Sweet Potato Fries





Pancetta Lardons

Italian Herbs







Balsamic Vinegar



**Finely Chopped Tomatoes** with Garlic & Onion



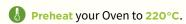
20 mins





This deliciously comforting recipe proves that making your own homemade baked beans is totally worth it. Chef Lizzie has combined velvety butter beans with pancetta, sage, basil and finely chopped tomatoes for a flavour that you just can't beat. Served with the best sausages and sweet potato fries, this dish is a complete dinner winner and is guaranteed to be a hit with everyone. Homemade comfort food doesn't get better than this.





Preheat your Oven to 220°C. Wash the veggies. Make sure you've got two Baking Trays, Large Saucepan and Sieve. Let's start cooking the Sausage and Chips with Pancetta Beans.



### **GET COOKING**

- a) Put the sausages on a baking tray and roast on the top shelf of your oven for 18-20 mins, turning halfway through are cooked when they are no longer pink in the middle.
- b) Pop the sweet potato fries on another baking tray and drizzle with oil. Sprinkle over the Italian herbs and a pinch of salt and **pepper**.
- c) Toss to coat then roast on the middle shelf for 16-18 mins, turning halfway through cooking.



### **BASIL TIME**

a) Pick the basil leaves from their stalks and roughly tear (discard the stalks).



### **2** START THE BEANS

- a) Meanwhile, heat a drizzle of oil in a large saucepan on medium-high heat.
- b) When hot, add the pancetta lardons and cook, stirring occasionally, until crisp, 2-3 mins.
- c) Pick the sage leaves from their stalks and roughly chop (discard the stalks).
- d) Drain and rinse the **butter beans** in a sieve.



### **3** COOK THE BEANS

- a) When the pancetta lardons are crisp, stir in the sage and the balsamic vinegar.
- b) Add the butter beans and finely chopped tomatoes. Bring to the boil then reduce the heat and simmer until thick and tomatoey, stirring occasionally, 4-5 mins.



## 5 ALMOST THERE

- a) Stir half the basil leaves through the beans.
- b) Season to taste with salt, pepper and a pinch of **sugar** (if you have some).

## 6 FINISH AND SERVE

- a) Serve the beans and sweet potato fries alongside the sausages.
- b) Finish with a scattering of the remaining basil over the beans.

ENJOY!

# INGREDIENTS

	2P	3P	4P
Tuscan Sausage *	4	6	8
Sweet Potato Fries	1 small pack	1 medium pack	1 large pack
Italian Herbs	½ pot	¾ pot	1 pot
Pancetta Lardons *	1 small pack	1 medium pack	1 large pack
Sage 🌞	½ bunch	¾ bunch	1 bunch
Butter Beans	1 carton	1½ cartons	2 cartons
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Basil	1 bunch	1 bunch	1 bunch

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 634G	PER 100G
Energy (kcal)	708	112
(kJ)	2962	467
Fat (g)	31	5
Sat. Fat (g)	11	2
Carbohydrate (g)	66	10
Sugars (g)	12	2
Protein (g)	34	5
Salt (g)	5.13	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

### **ALLERGENS**

14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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