



Sausage and Sweet Potato Fries

with Pancetta Beans



HELLO BALSAMIC VINEGAR

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



Tuscan Sausage



Sweet Potato Fries



Italian Herbs



Pancetta Lardons



Sage



Butter Beans



Balsamic Vinegar



Finely Chopped Tomatoes with Garlic & Onion



Basil

MEAL BAG

20 mins

3 of your 5 a day

Rapid recipe

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.

GET PREPARED!

Preheat your Oven to 220°C.

BEFORE YOU START

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**.



1 GET COOKING

- Put the **sausages** on a baking tray and roast on the top shelf of your oven for 18-20 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when they are no longer pink in the middle.*
- 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**.
- Toss to coat then roast on the middle shelf for 16-18 mins, turning halfway through cooking.



4 BASIL TIME

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



2 START THE BEANS

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



5 ALMOST THERE

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



3 COOK THE BEANS

- When the **pancetta lardons** are crisp, stir in the **sage** and the **balsamic vinegar**.
- 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.



6 FINISH AND SERVE

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

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	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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