



# SAUSAGE STEW

with a Crunchy Goat's Cheese Topping and Garlic Ciabatta



## HELLO PANKO BREADCRUMBS

These Asian breadcrumbs are larger and flakier than normal crumbs for a crispier finish.



Toulouse Sausage



Red Onion



Garlic Clove



Cannellini Beans



Cheddar Cheese



Panko Breadcrumbs



Goat's Cheese



Ciabatta



Olive Oil



Chicken Stock Pot



Tomato Passata



Water



Baby Spinach

45 mins

eat within 3 days

3 of your 5 a day

Family Box

This sausage and cannellini bean stew pushes all our autumnal comfort food buttons. It's hearty and filling and would be fantastic on its own. At HelloFresh we always want to go one better so André has raised it to the next level with a creamy-crunchy goat's cheese topping. Enjoy!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Ovenproof Pan**, **Fine Grater** (or **Garlic Press**), **Sieve**, **Coarse Grater**, **Baking Tray**, some **Baking Paper**, some **Foil** and a **Measuring Jug**. Now let's get cooking!



### 1 BROWN THE SAUSAGE

Preheat your oven to 180°C. Put a splash of **oil** in a large ovenproof pan on medium heat. When hot, add the **sausages** and brown all over, turning frequently, 10 mins. **★ TIP:** *If you don't have an ovenproof pan, use a normal frying pan and then transfer to an ovenproof dish before your stew goes under the grill.*



### 2 DO THE PREP

Halve, peel and thinly slice the **red onion** into half moons. Peel and grate the **garlic** (or use a garlic press). Drain the **cannellini beans** in a sieve and rinse under cold water. Grate the **cheddar cheese** into a small bowl and add the **panko breadcrumbs**. Season with **black pepper** and set aside. Slice the **goat's cheese** into eight rounds.



### 3 BAKE THE CIABATTA

Halve the **ciabatta** lengthways and place on a lined baking tray, cut-side up. Put **half** the **garlic** in another small bowl and add the **olive oil** (amount specified in the ingredient list). Season with **salt** and **black pepper**. Mix well, then spoon over the cut-side of the **ciabatta**. Pop your baking tray on the top shelf of your oven and bake for 12 mins. When done, remove from the oven and wrap in foil to keep warm.



### 4 SIMMER THE STEW

When the **sausages** are nicely browned, add the **onion** to the pan and cook until soft, 3 mins. Add the remaining **garlic** and cook for one minute more. Next, add the **chicken stock pot**, **tomato passata** and **cannellini beans**. Pour in the **water** (amount specified in the ingredient list), stir to combine and simmer until reduced by half, about 10 mins.



### 5 WILT THE SPINACH

Preheat your grill to high. When the **sauce** in your stew has reduced by half and is nice and thick, stir in the **baby spinach** and cook until completely wilted, 2 mins. Check the **seasoning** and add some **salt** and **black pepper** if you like.



### 6 GRILL THE TOPPING

Remove your **sausage stew** from the heat (if you need to transfer it to an ovenproof dish, do so now) and lay the **goat's cheese** slices on top. **★ TIP:** *If the children don't like goat's cheese, leave it off one side.* Sprinkle over the **cheesy breadcrumbs**, then pop under the grill until the top is golden brown and crunchy, 2-3 mins. Serve in deep bowls with a side of **garlic ciabatta**. **Bon appétit!**

## 4 PEOPLE INGREDIENTS

Toulouse Sausage <sup>12)</sup>	8
Red Onion, sliced	1
Garlic Clove, grated	2
Cannellini Beans	2 tins
Cheddar Cheese, grated <sup>7)</sup>	60g
Panko Breadcrumbs <sup>1)</sup>	50g
Goat's Cheese, sliced <sup>7)</sup>	1 roll
Ciabatta, halved <sup>1)</sup>	2
Olive Oil*	3 tbsps
Chicken Stock Pot	1
Tomato Passata	2 cartons
Water*	200 ml
Baby Spinach	1 small bag

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	873	153
(kJ)	3545	620
Fat (g)	46	8
Sat. Fat (g)	18	3
Carbohydrate (g)	55	10
Sugars (g)	9	2
Protein (g)	49	8
Salt (g)	5.61	0.98

### ALLERGENS

<sup>1)</sup>Gluten <sup>7)</sup>Milk <sup>12)</sup>Sulphites

**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.

### 👍 THUMBS UP OR THUMBS DOWN?

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