

# **Vegetarian Sausage Cassoulet**



with Linda McCartney Sausages, Cannellini Beans and Parsley

**CLASSIC** 30 Minutes • 1.5 of your 5 a day • Veggie









Chestnut Mushrooms



**Garlic Clove** 

Cannellini Beans

Tomato Puree



Linda McCartney Veggie Sausages



Wild Mushroom



Sauce Paste



Dried Thyme



Flat Leaf Parsley



Panko Breadcrumbs

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

## Basic cooking tools you will need:

Fine Grater (or Garlic Press), Two, Large Frying Pan and a Measuring Jug.

## Ingredients

	2P	3P	4P
Onion**	1	1½	2
Carrot**	1	1½	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Garlic Clove**	2	3	4
Linda McCartney Veggie Sausages 11) 13) 14)**	6	9	12
Cannellini Beans	1 carton	1½ cartons	2 cartons
Wild Mushroom Sauce Paste	1 pot	1½ pots	2 pots
Tomato Puree	1 sachet	1½ sachets	2 sachets
Dried Thyme	1 pot	1 pot	1 pot
Water for the Cassoulet*	300ml	450ml	600ml
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs <b>13</b> )	25g	50g	50g

<sup>\*</sup>Not Included \*\* Store in the Fridge

## **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	512g	100g
Energy (kJ/kcal)	1803 /431	352 /84
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	43	8
Sugars (g)	16	3
Protein (g)	37	7
Salt (g)	3.83	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

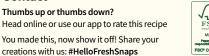
#### **Allergens**

11) Soya 13) Gluten 14) Sulphites

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

#### Contact

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## 1. Get Prepped!

Halve, peel and chop the onion into small pieces. Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Thinly slice the mushrooms. Peel and grate the garlic (or use a garlic press).



## 2. Start the Cassoulet

Heat a drizzle of oil in a large, high sided pan or casserole pot over high heat. Once hot, add the sausages and cook until browned all over, 5-6 mins. (You may need to do this in batches). Add a little more oil if the sausages start to stick. Transfer to a plate. IMPORTANT: Ensure sausages are piping hot and cooked throughout. Whilst the **sausages** are cooking, drain and rinse the cannellini beans.



## 3. Add the Veg

Add a drizzle of oil to the now empty pan and add the chopped **onion** and **carrot**. Cook, stirring, until softened and turning golden, 5-6 mins. Add the mushrooms and cook for a further 3-4 mins. Add the cannellini beans, mushroom paste, tomato puree, thyme, water (see ingredients for amounts) and half the garlic. Season with salt and pepper. Simmer with a lid on for 10 mins.



## 4. Finish the Cassoulet

Remove the lid from the pan, return the sausages to the **cassoulet** and simmer until the **mixture** has thickened, a further 10 mins.



## 5. Make the Crispy Breadcrumbs

Meanwhile, roughly chop the **parsley** (stalks and all). Heat a drizzle of oil in a frying pan over medium to high heat and add the **breadcrumbs** with the remaining garlic and cook, stirring, until golden brown and crispy, 3-4 mins. Tip onto a plate and stir through half the parsley.



## 6. Serve!

Stir the remaining parsley through the cassoulet and divide it between bowls. Scatter over the crispy breadcrumbs.

Enjoy!