



# Vegetarian Sausage Cassoulet

with Linda McCartney Sausages, Cannellini Beans and Parsley

N° 21

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



Onion



Carrot



Chestnut Mushrooms



Garlic Clove



Linda McCartney Veggie Sausages



Cannellini Beans



Wild Mushroom Sauce Paste



Tomato Puree



Dried Thyme



Flat Leaf Parsley



Panko Breadcrumbs

## Before you start

Our fruit, veggies and herbs need a wash before you 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 | 6              | 9              | 12              |
| 11) 13) 14)**                   |                |                |                 |
| 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 13)           | 25g            | 50g            | 50g             |

\*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!