






Cooking Made Easy

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Hearty Toulouse Sausage Cassoulet with a Kick of Chilli

Much as the Italians will often add a whole, unchopped clove of garlic to the pan to add a milder flavour, here you'll just stab the chilli to release a bit of heat and flavour. The beauty of this family recipe is that you can adjust the spice level by sticking your knife in as many times as you like. Patrick likes his cassoulet a bit cheeky so his chilli looked like a pin cushion!



45 mins



lactose free



gluten free



spicy



Onion



Garlic Clove



Tomato Purée



Cherry Tomatoes



Organic Cannellini Beans



Thyme



Bay Leaf



Chicken Stock Pot



Red Chilli




Toulouse Sausage




Flat Leaf Parsley

Ingredients

	2P	4P
Onion, sliced	1	2
Garlic Clove, bashed	2	4
Tomato Purée	1 tbsp	2 tbsp
Cherry Tomatoes, halved	1 punnet	2 punnets
Organic Cannellini Beans	1 tin	2 tins
Thyme	2 sprigs	4 sprigs
Bay Leaf	1	2
Chicken Stock Pot	½	1
Red Chilli	½	1
Toulouse Sausage 1	4	8
Flat Leaf Parsley, chopped	1 tbsp	2 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites

Nutrition per serving: Calories: 619 kcal | Protein: 37 g | Carbs: 41 g | Fat: 35 g | Saturated Fat: 11 g



1 Peel the onion and cut it in half through the root. Slice widthways into half moon shapes. Bash the garlic clove and remove the skin.



2 Heat 1 tbsp of olive oil in a pan over a medium heat. Add the onion and bashed garlic and cook gently for 5 mins, until the onion has softened.



3 Add the tomato purée and cook for 1-2 mins to allow the full flavour of the tomato to be released.



4 Chop the tomatoes in half and add to the pan. Add the beans, thyme sprigs, bay leaf and the stock pot with 100ml of water. Add ¼ tsp of salt and a few grinds of pepper and bubble away for 20 mins or until thick and tasty.

5 Pre-heat your grill to high for the sausages. Stab the chilli with a knife and add to the bean mixture in the pan. **Tip:** *The more you stab the chilli the more spice and seeds will be released - so if you want a mild version only make a few small stabs.*

6 Grill the sausages for 15-20 mins until fully cooked through.

7 Serve the sausages on top of the bean cassoulet and sprinkle the chopped parsley over the top.