



HEARTY TOULOUSE CASSOULET

with a Kick of Chilli



HELLO BAY LEAF

Historically, bay leaves were believed to heal bee and wasp stings.



Onion



Garlic Clove



Yellow Pepper



Flat Leaf Parsley



Tomato Purée



Baby Plum Tomatoes



Cannellini Beans



Thyme



Bay Leaf



Chicken Stock Pot



Red Chilli



Toulouse Sausage

MEAL BAG

45 mins

4.5 of your 5 a day

Little heat

Much as the Italians will often add an unchopped clove of garlic to the pan to infuse just a hint of flavour, here you'll stab the chilli and pop it in whole to release a little heat but keep things subtle. The beauty of this 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!

BEFORE YOU START

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



1 PREP THE VEGGIES

Halve, peel and thinly slice the **onion** into half moons. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **yellow pepper** and chop into 3cm cubes. Roughly chop the **parsley** (stalks and all).



2 COOK THE VEGGIES

Heat a splash of **olive oil** in a large frying pan over medium heat. Add the **onion** and **pepper**, cook gently until the veggies are soft, 5 mins. Add the **garlic** and **tomato purée**, stir and cook for 1-2 mins to allow the full flavour of the tomato to be released.



3 MAKE THE CASSOULET

Preheat your grill to high. Cut the **baby plum tomatoes** in half and add to the **veggie mixture** in the pan. Drain and rinse the **cannellini beans** in a colander. Add the **beans** along with the **thyme sprigs**, **bay leaf**, **chicken stock pot** and the **water** (amount specified in the ingredient list). Add a pinch of **salt** and a few grinds of **black pepper** and let it bubble away until it thickens, 20 mins. This is your cassoulet.



4 ADD THE CHILLI

Stab the **red chilli** with a knife and add to the pan. **★ TIP:** *The more you stab the chilli, the more spice and seeds will be released - so if you want a milder version only make a few small stabs.*



5 GRILL THE SAUSAGE

While the cassoulet is cooking, put the **toulouse sausages** on a baking tray and pop under your grill until cooked through, 15-20 mins, turn a couple of times to ensure they cook evenly. **★ TIP:** *The sausages are cooked when they are no longer pink in the middle.*



6 FINISH AND SERVE

Remove the **cassoulet** from the heat, taste and season with **salt** and **black pepper** to your liking. Remove the **thyme sprigs**, **bay leaves** and **red chilli** before serving. Spoon the **cassoulet** into bowls, share the **sausages** on top and finish with a sprinkling of the **parsley**. **Time to dig in!**

2 PEOPLE INGREDIENTS

Onion, sliced	1
Garlic Clove, grated	2
Yellow Pepper, chopped	1
Flat Leaf Parsley, chopped	1 small bunch
Tomato Purée	15g
Baby Plum Tomatoes, halved	1 punnet
Cannellini Beans	1 tin
Thyme	1 bunch
Bay Leaf	1
Chicken Stock Pot	1
Water*	100ml
Red Chilli, stabbed	1
Toulouse Sausage (14)	4

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 300G	PER 100G
Energy (kcal)	459	78
(kJ)	1920	326
Fat (g)	20	3
Sat. Fat (g)	6	1
Carbohydrate (g)	34	6
Sugars (g)	16	3
Protein (g)	32	5
Salt (g)	4.85	0.82

ALLERGENS

14) Sulphites

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

    #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

