



SAUSAGE & BEAN STEW

with Garlic Ciabatta Croutons



HELLO CIABATTA

The literal translation of ciabatta is 'slipper'!



Onion



Carrot



Chestnut Mushrooms



Sweetheart Cabbage



Garlic Clove



Flat Leaf Parsley



Butter Beans



Netherend Butter



Honey Mustard Sausage



White Wine Vinegar



Plain Flour



Water



Beef Stock Pot



Ciabatta

45 mins

eat within 3 days

5 of your 5 a day

Family Box

Down at the Fresh Farm, we love a bit of constructive criticism. We want to make sure everything is the best it can be before it goes in your box! When Mimi came up with this delicious stew, André liked it but felt it needed a little 'something extra'. He suggested making some garlic croutons to sit on top and soak up the sauce. We're sure you'll agree it provides the perfect finishing touch!

BEFORE YOU START

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



1 PREP THE VEGGIES

Halve, peel and chop the **onion** into roughly 1cm pieces. Peel the **carrot** and remove the top and bottom, halve it lengthways then slice into thin half moons. Quarter each **mushroom**. Cut the **sweetheart cabbage** in half lengthways, remove its triangle root, then cut into ½cm thick slices. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all!). Drain and rinse the **butter beans** in a colander.



2 BROWN THE SAUSAGE

Take the **butter** out of the fridge so it can come up to room temperature. Preheat your oven to 220°C. Chop each **sausage** into five pieces. Put a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **sausage** pieces. Cook, stirring occasionally, until they are nice and brown, 8-9 mins.



4 SIMMER THE STEW

Add the **white wine vinegar** to the pan and allow it to evaporate, 1-2 mins. Then add the **flour** and stir to distribute evenly. Cook for 2 mins. Pour in the **water** (amount specified in the ingredient list), along with the **beef stock pot**. Bring to the boil, making sure the **stock pot** has dissolved, then turn the heat to low and add the **butter beans**. Simmer for 10 mins, stirring occasionally.

5 FLAVOUR THE BUTTER

Meanwhile, put the **butter** in a small bowl with half the **parsley** and the remaining **garlic**. Season with **salt** and **black pepper** and **mix** together thoroughly. **★ TIP: The best way to do this is to get stuck in and use your hands!** Slice the **ciabatta** in half (as if you are making a sandwich) and spread the **garlic butter** over each half. Place on a baking tray and pop on the top shelf of the oven. Cook until slightly browned, 6-7 mins.



3 ADD THE VEGGIES

Add the **onion** and **carrot** to the pan with the **sausage**. Cook for 5 mins. Add the **mushrooms**, half the **garlic**, a pinch of **salt** and a good grind of **black pepper**. Stir together and cook until the **mushrooms** are browned, about 5 more mins.



6 FINISH AND SERVE!

Add the sliced **cabbage** to the stew and stir it in. Cook until the **cabbage** is soft, 5-7 mins. When the **garlic ciabatta** is ready, remove from the oven and cut each piece into eight chunks. Stir the remaining **parsley** through the **stew** and serve in bowls with the **garlic croutons** on top. **Enjoy!**

4 PEOPLE INGREDIENTS

Onion, chopped	1
Carrot, sliced	2
Chestnut Mushrooms, quartered	1 large punnet
Sweetheart Cabbage, sliced	1
Garlic Clove, grated	2
Flat Leaf Parsley, chopped	1 bunch
Butter Beans	1 tin
Netherend Butter ⁷⁾	30g
Honey Mustard Sausage, chopped ^{10) 12)}	8
White Wine Vinegar ¹²⁾	1 tbsp
Plain Flour ¹⁾	24g
Water*	600ml
Beef Stock Pot	1
Ciabatta ¹⁾	2

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	590	96
(kJ)	2461	401
Fat (g)	23	4
Sat. Fat (g)	9	1
Carbohydrate (g)	58	10
Sugars (g)	20	3
Protein (g)	32	5
Salt (g)	3.69	0.60

ALLERGENS

1)Gluten 7)Milk 10)Mustard 12)Sulphites

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

👍 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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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