



# Sausage Meatball and Butter Bean Pie

with Roasted Pepper and Caramelised Onion



**CLASSIC** 40 Minutes • 1 of your 5 a day



Red Pepper



Butterbeans



Red Onion



Pork and Oregano Sausage Meat



Balsamic Vinegar



Plain Flour



Tomato Passata



Chicken Stock Powder



Puff Pastry

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Colander, Frying Pan, Measuring Jug and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Red Pepper**	1	1½	2
Butterbeans	1 carton	1½ cartons	2 cartons
Red Onion**	1	1½	2
Pork and Oregano Sausage Meat <b>13</b> <b>14</b> **	225g	340g	450g
Balsamic Vinegar <b>14</b>	1 sachet	1½ sachets	2 sachets
Plain Flour <b>13</b>	8g	12g	16g
Water for the Sauce*	200ml	300ml	400ml
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Puff Pastry <b>13</b> **	¾ roll	1 roll	1½ rolls

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	609g	100g
Energy (kJ/kcal)	3923 /938	644 /154
Fat (g)	50	8
Sat. Fat (g)	22	4
Carbohydrate (g)	87	14
Sugars (g)	14	2
Protein (g)	31	5
Salt (g)	3.86	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**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

Preheat your oven to 220°C. Halve the **pepper**, remove the core and thinly slice. Chop the slices in half. Pop them on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Roast on the top shelf of your oven until soft and charred, 10-12 mins. Remove and set aside.



## 4. Simmer

Add the **chicken stock powder**, **roasted pepper** and the **butterbeans**. Add a pinch of **sugar** and season with **salt** and **pepper**. Bring to the boil and simmer, stirring frequently until the **mixture** is nice and thick, 5-6 mins, lowering the heat if necessary. Pour into an ovenproof dish, making sure the **meatballs** are evenly distributed. Lay the **puff pastry** on top. **TIP: It doesn't matter if the pastry hangs a little over the edge of the dish.**



## 2. Finish the Prep

Meanwhile, drain and rinse the **butterbeans** in a colander. Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **onion** and fry until golden and soft, stirring occasionally, 5-6 mins. While the **onion** cooks, form the **sausage meat** into 5 even sized balls per person. **IMPORTANT: Remember to wash your hands after handling raw meat.**



## 5. Bake

Bake the **pie** on the middle shelf of your oven until the **pastry** is well risen, crispy and brown and the **meatballs** are cooked through, 15-20 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.** Meanwhile, get your washing up done! Once cooked, remove the **pie** from your oven.



## 3. Fry the Meatballs

When the **onion** is soft, add the **balsamic vinegar**, cook for 1 minute until sticky, then remove to a bowl. Pop your pan back on medium-high heat with a drizzle of **oil** and add the **meatballs**. Fry until golden on the outside, 5-6 mins, turning every couple of mins. Once golden, pop the **red onion mixture** back into the pan, add the **flour** and stir everything together thoroughly. Cook for 1-2 mins, then pour in the **water** (see ingredients for amount) and **passata**.



## 6. Serve

Divide the **pie** between your plates  
**Enjoy!**