



Vegetarian Sausage Cassoulet

with Herby Crumbs

N° 24

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 Purée



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), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Garlic Clove**	2 cloves	3 cloves	4 cloves
Linda McCartney Veggie Sausages 11) 13) 14)**	6	9	12
Cannellini Beans	1 carton	1½ cartons	2 cartons
Wild Mushroom Sauce Paste	1 pot	1½ pots	2 pots
Tomato Purée	1 sachet	2 sachets	2 sachets
Dried Thyme	1 small pot	1 small pot	1 large pot
Water for the Cassoulet*	300ml	450ml	600ml
Flat Leaf Parsley**	1 bag	1 bag	1 bag
Panko Breadcrumbs 13)	25g	50g	50g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	1833 /438	358 /86
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	44	9
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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



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).



4. Finish the Cassoulet

Once the **mixture** has cooked for 10 mins, remove the lid from the pan, return the **sausages** to the **cassoulet** and simmer until the **mixture** has thickened, a further 10 mins. Stir a couple of times.



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. While the **sausages** are cooking, drain and rinse the **cannellini beans**.



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**. Season with **salt** and **pepper** and cook, stirring, until golden brown and crispy, 3-4 mins. Once browned, transfer to a bowl and stir through half the **parsley**.



3. Add the Veg

Add a drizzle of **oil** to the now empty pan and add the **onion** and **carrot**. Cook, stirring, until softened and turning golden, 5-6 mins. Add the **mushrooms** and cook until browned, 3-4 mins. Add the **wild mushroom paste**, **tomato purée**, **dried thyme**, **water** (see ingredients for amounts), half the **garlic** and the **cannellini beans**. Season with **salt** and **pepper**. Simmer with a lid on for 10 mins. Stir once or twice in this time to ensure it doesn't stick.



6. Serve!

Stir the remaining **parsley** through the **cassoulet** and divide it between bowls. Scatter over the crispy **breadcrumbs**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.