



Creamy Sausage and Cannellini Cassoulet

with Baby Spinach and Ciabatta

Classic 35-40 Minutes • **Mild Spice** • 1 of your 5 a day

9



Pork and Oregano Sausage Meat



Ciabatta



Cannellini Beans



Cajun Spice Mix



Creme Fraiche



Chicken Stock Paste



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Ovenproof pan.

Ingredients

Ingredients	2P	3P	4P
Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Ciabatta 13)	1	2	2
Cannellini Beans	1 carton	1½ cartons	2 cartons
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Creme Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	431g	100g
Energy (kJ/kcal)	3266 /781	757 /181
Fat (g)	46.3	10.7
Sat. Fat (g)	23.5	5.5
Carbohydrate (g)	54.3	12.6
Sugars (g)	7.5	1.7
Protein (g)	30.6	7.1
Salt (g)	3.67	0.85

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Fry the Sausage Meat

Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*

Once hot, add the **sausage meat** and fry until browned, 4-5 mins. Use a spoon to break it up into equal-sized large chunks, roughly 5 per person.

IMPORTANT: *Wash your hands and equipment after handling raw meat.*



Get Toasty

A few mins before everything's ready, toast the **ciabatta** halves in your toaster until golden.

Once toasted, drizzle with a little **olive oil**.



Prep the Ciabatta

Meanwhile, halve the **ciabatta**.



Finishing Touches

When your **cassoulet** has finished baking, remove from the oven and stir through the **spinach** until wilted and piping hot, 1-2 mins.

Add a splash of **water** if you feel it needs it.



Bake your Cassoulet

Once the **sausage meat** has browned, stir in the **cannellini beans** along with their **liquid**, the **Cajun spice mix** (add less if you'd prefer things milder), **creme fraiche**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Transfer to the top shelf of your oven and bake until thickened and bubbling, 20-25 mins.

IMPORTANT: *The sausage meat is cooked when no longer pink in the middle.*



Serve Up

Share the **sausage and bean cassoulet** between your bowls.

Serve the **ciabatta** alongside for dipping.

Enjoy!