










One Pot Sausage and Butter Bean Cassoulet

with Baby Spinach and Ciabatta

Classic 35-40 Minutes • Medium Spice

9



-  British Pork and Oregano Sausage Meat
-  Ciabatta
-  Butter Beans
-  Cajun Spice Mix
-  Creme Fraiche
-  Chicken Stock Paste
-  Baby Spinach



Originating from the south of France, cassoulets are typically slow-cooked and rich stews, but our One Pot Sausage and Butter Bean Cassoulet comes together a little faster for your table, with just 10 minutes of prep.

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 and sieve.

Ingredients

Ingredients	2P	3P	4P
British Pork and Oregano Sausage Meat** 14)	225g	340g	450g
Ciabatta 13)	1	2	2
Butter 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*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	481g	100g
Energy (kJ/kcal)	3108 /743	646 /154
Fat (g)	46.9	9.7
Sat. Fat (g)	23.6	4.9
Carbohydrate (g)	46.0	9.5
Sugars (g)	8.0	1.7
Protein (g)	28.7	6.0
Salt (g)	3.82	0.79

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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.

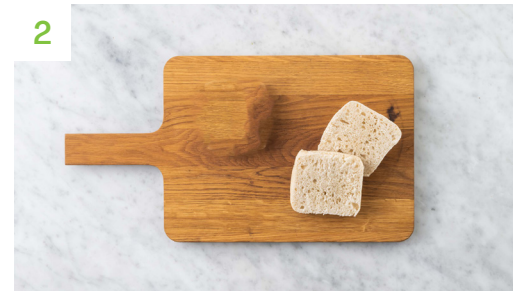
IMPORTANT: *Wash your hands and equipment after handling raw meat.*



Get Toasty

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

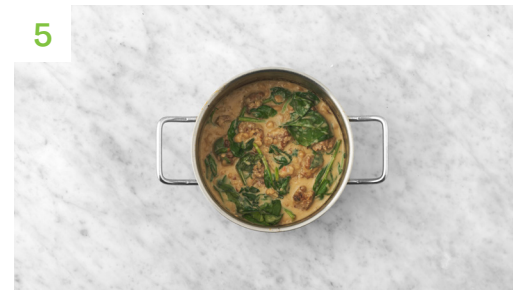
Once toasted, drizzle with a little **olive oil**.



Finish the Prep

Meanwhile, halve the **ciabatta**.

Drain and rinse the **butter beans** in a sieve.



Finishing Touches

When your **cassoulet** has finished baking, remove from the oven and stir through the **spinach** a handful at a time until 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 **butter beans**, **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!