



More Than Food
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Spicy Sausage Hot Pot with Bulgur Wheat

While many of us may be slowly dragging our feet into the chilliness of autumn, the changing of seasons is an exciting time at the Fresh Farm. We love the new and varied ingredients each new season brings. To help you join in on our excitement André has whipped up an easy, warming stew with delicious, smoky flavours - a real warmer on a cold autumnal evening.

35 mins

family box

4.5 of your
5 a day



Spiced Pork Sausage
(8)



Red Onion
(2)



Garlic Clove
(2)



Coriander
(2 bunches)



Water (800ml)



Chicken Stock Pot
(2)



Bulgur Wheat
(200g)



Smoked Paprika
(1 tbsp)



Ground Coriander
(1 tbsp)



Tomato Purée
(2 tbsp)



Chopped Tomatoes
(2 tins)



Kidney Beans
(2 tins)



Spring Onion
(4)



Lemon
(1)



Baby Spinach
(1 bag)

4 PEOPLE INGREDIENTS

- Spiced Pork Sausage 8
- Red Onion, sliced 2
- Garlic Clove, grated 2
- Coriander, chopped 2 bunches
- Water 800ml
- Chicken Stock Pot 2
- Bulgur Wheat 200g
- Smoked Paprika 1 tbsp
- Ground Coriander 1 tbsp
- Tomato Purée 2 tbsp
- Chopped Tomatoes 2 tins
- Kidney Beans 2 tins
- Spring Onion, sliced 4
- Lemon 1
- Baby Spinach 1 bag

Allergens: Sulphites, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	760 kcal / 3179 kJ	29 g	8 g	71 g	14 g	48 g	3 g
Per 100g	85 kcal / 4357 kJ	3 g	1 g	8 g	2 g	5 g	0 g

 Our fruit and veggies may need a little wash before cooking!

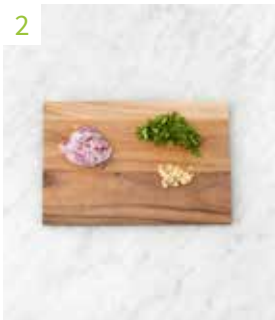
Did you know...

Spanish smoked paprika is made by drying out red peppers over smouldering oak chips.

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Pop a wide bottomed saucepan on medium heat and add a splash of **oil**. Add the **sausages** and cook for 5-7 mins, turning frequently to make sure they brown evenly.



2 While your **sausages** brown get on with the rest of your prep. Cut the **red onion** in half through the root, peel and then slice into thin half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one). Roughly chop the **coriander**.



3 Fill a pot with the **water** (amount specified in the ingredient list) and bring to the boil. Stir in the **chicken stock pot** and make sure it is dissolved. Pour the **bulgur wheat** into a bowl. Pour half your **stock** onto your **bulgur wheat**, cover with a lid or plate and leave to one side for 15 mins. **Tip:** *The bulgur wheat will stay warm whilst you finish the rest of your meal.*

4 When your **sausages** are nicely browned, add your **red onion** to the pan with the **sausages**. Cook for 5 mins until softened and then add your **garlic**, **smoked paprika** and **ground coriander**. Cook for a couple of mins until everything smells delicious and fragrant.



5 Add the **tomato purée**, cook for 1 minute and then add the **chopped tomatoes**. Bring everything to the boil and then stir in the remaining **stock**, reduce the heat to medium and leave to bubble away for 10-15 mins. You want your sauce to thicken and reduce by half.

6 Drain the **kidney beans** into a sieve or colander and rinse under cold water. Remove the root from the bottom of the **spring onion** and then slice as thinly as possible. Zest and juice the **lemon**.

7 When your sauce has reduced by half, stir in your **kidney beans** and **baby spinach**, reduce the heat to low and cook for 5 mins until your spinach has wilted and your kidney beans are piping hot.

8 Finish your **bulgur wheat** by mixing in your **spring onion**, half your chopped **coriander** and enough **lemon juice** and **zest** to taste. Season with **salt** and **pepper** if you feel it needs it.

9 Taste your sausage hot pot and season with **salt** and **pepper** if necessary, then stir in your remaining **coriander**.

10 Serve your **sausage hot pot** on top of a bed of **bulgur wheat** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!