



NOV
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Hearty Italian Sausage with Bean and Tomato Cassoulet

Cassoulet is a slow-cooked meat-and-bean dish originating from southern France. Since time is of the essence when trying to get dinner on the table, we've created a cheater version that only takes 30 min! The secret is using ready-cooked beans.

 Prep
30 min

 level 1



Mild Italian Sausage



Onion



Garlic



Tomato Paste



Grape Tomatoes



Cannellini Beans



Thyme



Chicken Broth Concentrate




Parsley



Chili Flakes

Ingredients

	2 People	4 People
Mild Italian Sausage	1 pkg (250 g)	2 pkg (500 g)
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Tomato Paste	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Grape Tomatoes	1 pkg (227 g)	2 pkg (454 g)
Cannellini Beans	1 can	2 can
Thyme	1 pkg (7 g)	2 pkg (14 g)
Chicken Broth Concentrates	1	2
Chili Flakes 	1 pkg (1 tsp)	1 pkg (1 tsp)
Parsley	1 pkg (7 g)	2 pkg (14 g)
Olive or Canola Oil*		

*Not Included

Allergens

None

Tools

Strainer, Large Pan, Measuring Cups

Ruler

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Nutrition per person Calories: 674 cal | Fat: 46 g | Protein: 29 g | Carbs: 41 g | Fibre: 9 g | Sodium: 1724 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Mince or grate the **garlic**. Halve the **tomatoes**. Drain and rinse the **beans**. Strip **1 tbsp thyme leaves** (double for 4 people) off the stems. Finely chop the **parsley**.



2 Sear the sausages: Heat a large pan over a medium heat. Pierce multiple holes in the **sausages** with a fork. Add a drizzle of **oil**, then the **sausages**. Sear until golden-brown on all over, 1-2 min per side. Transfer to a plate.

3 Start the cassoulet: Add another drizzle of **oil** to the same pan. Add the **onion** and **garlic**. Cook, stirring occasionally, until the onion softens, 4-5 min. Stir in the **tomato paste** and cook for 1-2 more min.



4 Add the **tomatoes**, **beans**, **thyme**, **broth concentrate(s)**, **1/2 cup water** (double for 4 people) as as much **chili flakes** as you like. Stir, scraping up brown bits from the bottom of the pan, until everything is combined.

5 Add the **seared sausages** back into the pan and nestle them in the bean cassoulet. Reduce the heat to medium-low. Simmer until the cassoulet thickens slightly and the sausages are cooked through, 7-9 min. (**TIP:** Inserting a thermometer into the cooked meat should display an internal temperature of 160°F.)

6 Finish and serve: Divide the **bean cassoulet** between plates and serve the **sausage** over top. Sprinkle the chopped **parsley**. Enjoy!

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