



Gourmet Beans and Sausages

with goat's cheese and rice

Family Quick Cook 25-30 mins • Eat me first

6



Pork Sausages



Cannellini Beans



Chopped Tomato with Onion & Garlic



Dried Thyme



Goat's Cheese



Rocket



Basmati Rice



Paprika

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Large Pot, Lid, Sieve

Ingredients

	2P	4P
Pork Sausages	225 g	450 g
Cannellini Beans	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Dried Thyme	1 sachet	2 sachets
Goat's Cheese	100 g	200 g
Rocket	40 g	80 g
Basmati Rice	150 g	300 g
Paprika	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	648.5 g	100 g
Energy (kJ/kcal)	3757.2 kJ/ 898 kcal	579.4 kJ/ 138.5 kcal
Fat (g)	42 g	6.5 g
Sat. Fat (g)	20.4 g	3.1 g
Carbohydrate (g)	96.4 g	14.9 g
Sugars (g)	13.1 g	2 g
Protein (g)	43.1 g	6.6 g
Salt (g)	7.3 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Thumbs up or thumbs down?
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Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- When boiling, add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Fry the Sausages

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Once the **oil** is hot, add the **sausages** and fry until browned, 7-8 mins, shifting as they colour.
- **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.
- Drain and rinse the **cannellini beans** in a sieve.



Make the Sauce

- Add the **chopped tomatoes, paprika** and **thyme** to the pan. Simmer for 5-7 mins, until the sauce has reduced.
- Add 100ml **water** (double for 4p) and **cannellini beans**.
- Cook for an additional 4-5 mins.
- Season to taste with **salt, pepper** and **sugar**. Add a splash of **water** to loosen the sauce if required.



Dish Up

- Toss the **salad leaves** with **salt, pepper** and a drizzle of **oil**.
- Spoon fluffy **rice** into bowls and top with the **sausages** and **beans**. Serve salad alongside.
- Crumble **cheese** over both salad and stew.
- Finish all with a drizzle of **oil** and **pepper**.

Enjoy!