

Sausage and black bean curry

- Egg-free
- Gluten-free
- Lactose-free
- Peanut-free
- Nut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free
- No added sugar
- 4+ serve Veg or Fruit

Pork sausages add a rich depth of flavour to this black bean curry. Serve with rice to soak up the deliciousness.

- Serves 4
- Cooktime 15 mins 15 minutes
- Prep time 15 mins

Ingredients

- 550g pkt Coles Classic Pork Sausages
- 2 tsp olive oil
- 1 brown onion, cut into thin wedges
- 1 1/2 tsp curry powder
- 750g pkt Coles Kitchen Family Veggie Medley
- 400g can black beans, rinsed, drained
- 400g can diced tomatoes
- 1 vegetable stock cube, crumbled
- Steamed rice, to serve

Nutritional information

Per serve: Energy: 1986kJ/475 Cals (23%), Protein: 33g (66%), Fat: 23g (33%), Sat Fat: 8g (33%), Sodium: 1208mg (60%), Carb: 32g (10%), Sugar: 12g (13%), Dietary Fibre: 13g (43%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat a large deep frying pan over high heat. Cook the sausages, turning, for 5-6 mins or until browned all over. Transfer to a plate. Cut in half diagonally.

2. Step 2

Heat the oil in the same pan. Add the onion and cook, stirring, for 3 mins or until onion just softens. Add the curry powder and veggie medley and cook, stirring, for 1 min or until aromatic. Add the beans, tomato, stock cube and 2 cups (500ml) water. Bring to the boil. Return sausages to the pan and reduce heat to low. Cover and cook for 6 mins or until the vegetables are tender and the sausages are cooked through.

3. Step 3

Serve the sausage mixture with the rice.