



More Than Food
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Hearty Toulouse Sausage Cassoulet with a Kick of Chilli

Much as the Italians will often add a whole, unchopped clove of garlic to the pan to add a milder flavour, here you'll just stab the chilli to release a bit of heat and flavour. The beauty of this recipe is that you can adjust the spice level by sticking your knife in as many times as you like. Patrick likes his cassoulet a bit cheeky, so his chilli looked like a pin cushion!



45 mins



spicy



lactose
free



healthy



gluten
free



Onion (1)



Garlic Clove (2)



Green Pepper (1)



Tomato Purée
(1 tbsp)



Cherry Tomatoes
(1 punnet)



Organic Cannellini
Beans (1 tin)



Thyme (4 sprigs)



Bay Leaf (1)



Chicken Stock
Pot (1)



Red Chilli (1)



Toulouse Sausage (4)



Flat Leaf Parsley
(2 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Onion, sliced	1	
Garlic Clove, bashed	2	
Green Pepper, chopped	1	
Tomato Purée	1 tbsp	
Cherry Tomatoes, halved	1 punnet	
Organic Cannellini Beans	1 tin	
Thyme	4 sprigs	
Bay Leaf	1	
Chicken Stock Pot	1	
Red Chilli	1	
Toulouse Sausage	4	Sulphites
Flat Leaf Parsley, chopped	2 tbsp	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Thyme was originally native to Southern Europe and the Mediterranean regions hence its popularity in French and Italian cuisine!

Nutrition per serving: Calories: 506 kcal | Protein: 38 g | Carbs: 42 g | Fat: 17 g | Saturated Fat: 5 g

1



1 Peel the **onion** and cut it in half through the root. Slice widthways into half moon shapes. Bash the **garlic** cloves and remove the skin. Remove the core from the **pepper** and chop it into 3cm cubes.

2



2 Heat 1 tbsp of **olive oil** in a frying pan over medium heat. Add the **onion** and bashed **garlic** along with the **green pepper**, cook gently for 5 mins, until the onion has softened.

4



3 Add the **tomato purée** and cook for 1-2 mins to allow the full flavour of the tomato to be released.

6



4 Pre-heat your grill to high (about 200 degrees). Chop the **tomatoes** in half and add to the pan. Drain, rinse and add the **cannellini beans** along with the **thyme** sprigs, **bay leaf** and the **stock pot** with 100ml of water. Add a few grinds of **pepper** and bubble away for 20 mins or until thick and tasty.

5 Stab the **chilli** with a knife and add to the **bean** mixture in the pan. **Tip:** *The more you stab the chilli the more spice and seeds will be released - so if you want a mild version only make a few small stabs.*

6 While the cassoulet is cooking, grill the **sausages** for 15-20 mins until fully cooked through.

7 Serve the **sausages** on top of the cassoulet and sprinkle the chopped **parsley** over the top.