Bean & meatballs pasta (4-6 portions; 1 hr)

Adapted from https://www.bbcgoodfood.com/recipes/bean-pasta-stew-meatballs

For the stew

8 dessert spoons olive oil
6-8 Lincolnshire sausages (400g-450g) or the Lincolnshire sausages recipe made into meatballs

3 cloves garlic or 1 Cofresh frozen block
2 red onions (250g-300g)
2 large leeks (500g)
3 carrots (~400g)
salt and black pepper

2 tins canellini beans (400g x2)
1 tin peeled plum tomatoes
(optional) 200g cherry tomatoes
1 stock pot
750ml hot water

(optional) a spoon of gravy granules or pea protein to thicken the sauce

Add a few spoons of olive oil to a large pot. Cut the sausages into ~6 pieces each straight into the pan. Fry on medium-low heat for about 10 minutes.

While the sausages are frying, stir occasionally to unstick them and prepare the vegetables. Roughly dice the garlic and onions. Trim and wash the leeks and cut into slices 2cm thick. Peel or scrub the carrots, halve any thick sections down the middle, and cut into 1cm slices.

Take the sausage pieces out of the pot into a bowl. Add the remaining olive oil and all the chopped vegetables (or the garlic, leek, and onion first if the carrots aren't finished). Fry on high heat for about 10 minutes, stirring occasionally. Add salt and pepper to taste.

While the vegetables are frying, boil the kettle, open all the tins, and drain and rinse the canellini beans. If using cherry tomatoes, halve them.

Add the beans, stock, hot water, and all tomatoes to the pan. Break up the tinned tomatoes, cover, and bring to the boil for 10 minutes.
If serving with pasta, start getting it ready.

Add the meatballs back in, and the gravy or pea protein if using. Stir well, bring to the boil, cover and simmer for 15 minutes or until the pasta is cooked.

Also good served with fresh bread.