



Quick Italian Sausage Cassoulet

with Silverbeet and Walnuts



20-30min



4 Portions

We've toned down the richness and meatiness of this southern French classic, simply using Italian sausage instead of the traditional calorific smorgasbord of smoked pork, pork shoulder, duck and garlicky Toulouse sausage, while amping up the veggies for a far more balanced and nutritious stew.

What we send

- garlic cloves, thyme
- 4 vegetable stock cubes
- Italian pork sausages
- carrots
- silverbeet
- cannellini beans
- brown onion
- walnuts ¹⁵

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 720.0kcal, Fat 35.6g, Proteins 45.7g, Carbs 47.9g



1. Prepare aromatics

Peel the **carrot**, then quarter lengthwise and thinly slice. Finely chop the **onion** and **garlic**.



2. Cook sausage meat

Heat the **oil** in a large saucepan over medium-high heat. Squeeze out the **sausage meat** from their casings into the pan and cook for 3 mins or until golden brown, breaking up into bite-size chunks. Remove with a slotted spoon and set aside, leaving the oil in the pan.



3. Prepare vegetables

While the meat is cooking, crumble the **stock cubes** into a heatproof jug, add the **boiling water** (see staples list) and stir to combine. Rinse and drain the **cannellini beans** in a colander. Trim and thinly slice the **silverbeet**, including the stems.



4. Cook aromatics

Put the pan used to cook the sausage over medium heat. Add the **carrot**, **onion** and **garlic**, and cook, stirring, for 3 mins or until slightly softened.



5. Add thyme and stock

Meanwhile, pick the **thyme leaves**, discarding the stems. Return the **sausage meat** to the pan with the **thyme** and **stock**. Bring to the boil, then reduce heat to a simmer. Cook for 3 mins or until carrot is tender. Meanwhile, coarsely chop the **walnuts**.



6. Add beans and silverbeet

Stir in the **cannellini beans** and **silverbeet**. Cover with a lid and cook for 3-5 mins until silverbeet stems are tender and the leaves are wilted. Season to taste with **salt and pepper**. Divide among bowls, scatter over the **walnuts** and drizzle with **extra virgin olive oil** to serve.