



## Chilli Con Carne Sausages

with Cheesy Rice and Tomato Relish



20-30min



2 Portions

Our flexitarian sausages have a lower meat content than regular bangers, with added vegetables and herbs for flavour and goodness. These chilli con carne-flavoured ones just beg for smoky tomato sauce and cheesy rice, bolstered with plenty of green veg, for a meal the whole family will get behind.

## What we send

- 7
- 17
- 

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- balsamic vinegar <sup>17</sup>
- olive oil
- sea salt and pepper
- sugar

## Utensils

- box grater
- medium frypan with lid
- medium saucepan
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Any left over relish is delicious in sandwiches the next day.

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 785kcal, Fat 32.1g, Carbs 78.7g, Proteins 38.3g



1. Cook rice

**Read through the recipe.** Bring a medium saucepan of water to the boil for the rice. Quarter the **zucchini** lengthwise, then cut into 1cm-thick chunks. Finely chop the **onion**. Crush or finely chop the **garlic**. Cook the **rice** in the pan of boiling water for 22 mins or until almost cooked.



4. Cook sausages

While the relish is cooking, put the **sausages** in a cold medium frypan over medium heat. Cook, covered, turning regularly, for 8-10 mins until cooked through.



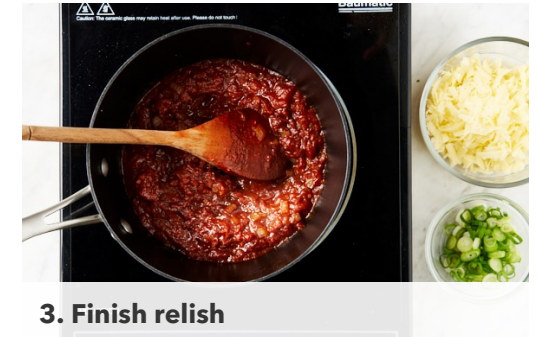
2. Start the relish

Meanwhile, heat **2 tsp olive oil** in a small saucepan over medium heat. Cook the **onion** and **garlic**, stirring occasionally, for 3 mins or until slightly softened. Stir in **1 tsp smoked paprika\*\*** and cook for 1 min or until fragrant.



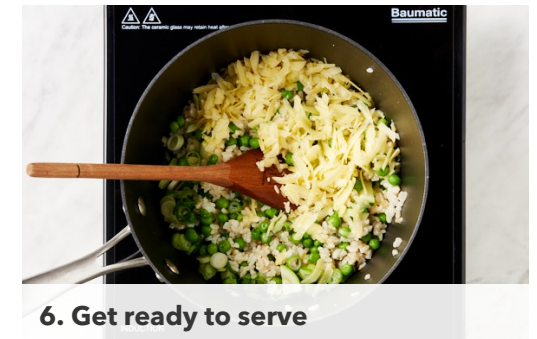
5. Finish cooking rice

Add the **peas** and **zucchini** to the **rice** and cook for a further 3 mins or until the rice and vegetables are tender. Drain and return to the saucepan.



3. Finish relish

Stir in the **tomatoes**, **1 tbs balsamic vinegar** and **1 tbs sugar**, then season well with **salt**. Cook, stirring occasionally, for 15 mins or until thickened. Thinly slice the **spring onion**. Coarsely grate the **cheese**.



6. Get ready to serve

Add the **spring onion** and **cheese** to the rice mixture, season with **salt and pepper** and stir to combine. Divide the **cheesy rice**, **sausages** and **tomato relish** among plates to serve.