



Product Spotlight: Capsicum

Compared with green, orange and yellow, red capsicums are the sweetest; green capsicum is an unripened red capsicum and isn't as sweet.



Beef Chipolata and Beans with Mash

Grass-fed beef chipolata sausages in a rich and comforting baked bean stew served over creamy mashed potatoes.



30 minutes



2 servings



Beef

14 July 2023

Switch it up!

Add some grated cheddar cheese to melt in the mashed potatoes for a cheesy finish! Cook the sausages separately and serve them on the side if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	33g	116g

FROM YOUR BOX

MEDIUM POTATOES	500g
BEEF CHIPOLATAS	300g
BROWN ONION	1
YELLOW CAPSICUM	1
TINNED BAKED BEANS	400g
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, dried oregano, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

Boil the kettle and cover the potatoes with hot water from the kettle to speed up the process.



1. BOIL THE POTATOES

Peel and dice potatoes. Place in a saucepan and cover with water (see notes). Bring to a boil. Simmer for 12-15 minutes or until tender. Reserve **1/4 cup water** before draining. Return to saucepan.



2. COOK THE CHIPOLATAS

Meanwhile, heat a large frypan over medium-high heat with **oil**. Add beef chipolatas and cook for 5 minutes, turning, until browned.



3. SAUTÉ THE VEGETABLES

Slice onion and capsicum. Add to pan along with **1 tsp oregano** and **2 tsp paprika**. Cook for 8-10 minutes until the vegetables are softened.



4. SIMMER THE BEANS

Stir in beans and **1/2 cup water**. Simmer for 5 minutes. Stir through spinach until wilted, and season with **salt and pepper**. Reduce heat to low to keep warm.



5. MASH THE POTATO

Mash potatoes with **1 tbsp butter** and reserved cooking water to desired consistency. Season well with **salt and pepper**.



6. FINISH AND SERVE

Serve chipolatas and beans with mashed potato.



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