



**Product Spotlight:
The Farm House**

The Farm House is a family-owned butchery, smokehouse and charcuterie located just outside Margaret River. They are free-range and “believe in making the best products in the most natural way”.



Kransky Sausage Stew

with Sourdough Rolls

A rustic, warming one-pot stew of smoky kransky sausage and garden vegetables simmered in a rich tomato broth, served with crusty sourdough rolls to mop up every last drop.



30 minutes



Pork



2 servings

Switch it up!

Make garlic bread! Slice the sourdough rolls, spread with butter and crushed garlic, wrap in foil and warm in the oven for the last 5 minutes or until butter has melted and rolls are warmed through.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	20g	54g

FROM YOUR BOX

KRANSKY SAUSAGE	200g
BROWN ONION	1
CARROT	1
CELERY STICK	1
GARLIC CLOVE	1
ROSEMARY SPRIGS	1
TOMATO PASTE	1 sachet
TINNED TOMATOES	400g
SOUDOUGH ROLLS	2-pack
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice, apple cider vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Stir in a teaspoon of smoked paprika with the tomato paste for an extra layer of depth.

No gluten option - sourdough rolls are replaced with GF rolls.



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1. PREPARE THE INGREDIENTS

Set oven to 220°C.

Slice **kranisky** into rounds. Dice **onion** and **carrot**, slice **celery**, crush **garlic**, remove **rosemary leaves** from stems and finely chop.



2. BROWN THE KRANSKY

Heat a large frypan over medium-high heat with **oil**. Add **kranisky** and cook, stirring occasionally, for 2-3 minutes or until browned.



3. SAUTÉ THE AROMATICS

Add **onion**, **carrot**, **celery**, **garlic** and **rosemary**. Sauté for 5 minutes until the **onion** begins to soften. Add **tomato paste** and sauté for a further 1 minute (see notes).



4. SIMMER THE STEW

Add **tinned tomatoes**, **crumbled stock cube** and **1 cup water** to the saucepan. Simmer, semi-covered, for 15-20 minutes until the **stew** has thickened.



5. WARM THE ROLLS

Place **rolls** on a oven tray. Heat in the oven for 3-5 minutes, or until warmed through. (see cover notes).



6. FINISH AND SERVE

Add **spinach**, **1/2-1 tbsp vinegar**, **salt** and **pepper** to **stew**. Stir to wilt **spinach**.

Divide **stew** among shallow bowls and serve with **warm rolls**.

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