



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



4/6 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
4/6 Person:	23g	12g/16g	45g/48g

FROM YOUR BOX

	4 PERSON	6 PERSON
KRANSKY SAUSAGE	200g	2x 200g
BROWN ONION	1	2
CARROTS	2	3
CELERY STICKS	2	3
GARLIC CLOVES	2	3
ROSEMARY SPRIGS	2	3
CANNELLINI BEANS	400g	400g
TOMATO PASTE	2 sachets	3 sachets
TINNED TOMATOES	400g	2x 400g
SOURDOUGH ROLLS	4	6
BABY SPINACH	120g	2x 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, and drain and rinse **cannellini beans**.



4. SIMMER THE STEW

Add **tinned tomatoes**, **cannellini beans**, **crumbled stock cube** and **3 cups water** to the saucepan. Simmer, semi-covered, for 15-20 minutes until the **stew** has thickened.



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.



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).



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).



6. FINISH AND SERVE

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

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

6P - add 2-3 **tbsp vinegar** to **stew**.

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