



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Sausage and Butter Bean Stew with Garlic Bread

Smoky sausages and butter beans simmered in a rich tomato sauce, served with fresh parsley and golden garlic bread for scooping. A comforting, one-pot dinner the whole family will love.



35 minutes



4/6 servings



Pork



Beef

Make it cheesy!

Crumble some feta on top of the stew and bake in the oven for an extra cheesy finish. Or you can add some grated cheddar to the garlic bread to make a cheesy pull apart roll.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	40g/44g	33g/41g	78g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CARROTS	2	3
CELERY STALKS	2	3
HOT LINK SAUSAGES	450g	2 x 450g
TINNED BUTTER BEANS	400g	400g
TOMATO PASTE	1 sachets	2 sachets
TINNED CHOPPED TOMATOES	400g	2 x 400g
PARSLEY	1 packet	1 packet
GARLIC CLOVES	2	3
SOURDOUGH ROLLS	4	6

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, 1 stock cube of choice, ground paprika

KEY UTENSILS

large saucepan

NOTES

You can add diced potato or sweet potato to the stew to make extra serves.

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

Set oven to 220°C. Place focaccia on oven rack and toast for 10 minutes until crunchy on the outside and warmed through on the inside. Slice to serve along with garlic butter.



1. PREPARE THE INGREDIENTS

Set oven to 200°C. Take out **50g butter** to soften.

Dice **onion**, **carrots** and **celery** (see notes). Slice **sausages** and drain **butter beans**.

6P - Take out 80g butter to soften. Use sausages to taste.



4. PREPARE GARLIC BUTTER

Finely chop **parsley** (set aside 1/2 for garnish). Combine with crushed **garlic cloves** and softened **butter**.



2. SAUTÉ THE INGREDIENTS

Heat a large saucepan over medium-high heat with **olive oil**. Add prepared **vegetables** and cook for 5 minutes until softened. Add **sausage** and **2 tsp paprika**. Cook for 2 minutes until browned.

6P - use 3 tsp paprika.



5. BAKE THE GARLIC BREAD

Slice **sourdough rolls** 3/4 way through. Spread the **garlic butter** into the cuts and warm in the oven for 5-7 minutes.



3. SIMMER THE STEW

Add **1 crumbled stock cube**, **tomato paste**, **chopped tomatoes**, **butter beans** and **2 cups water**. Stir to combine and simmer for 15 minutes. Season to taste with **salt and pepper**.

6P - add 2-3 cups water.



6. FINISH AND SERVE

Divide **sausage stew** among bowls and garnish with remaining **parsley**. Serve with **garlic bread** on the side.

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