GARLIC & CHILLI SAUSAGES WITH SMOKEY BEANS

There is nothing quite like Bangers and Mash as comfort food in winter – and in fact, it's pretty good all year round! Our vegan take on this classic fave dish is warming, hearty and super tasty with the addition of golden caramelised onions making it next level delish...

SERVES	PREP	COOK	TOTAL TIME
4	10 MINS	40 MINS	50 MINS

INGREDIENTS

- 2 packs of **GARLIC & CHILLI SAUSAGES**
- 3-5 tbsp Olive Oil
- 2 medium (or 1 large) Brown Onion, diced
- ½ tsp Chilli Flakes (more or less according to your taste preference)
- 3-5 cloves of Garlic, crushed
- 1 Red Capsicum, diced
- 1 Yellow Capsicum, diced
- 2 cans of chopped Tomatoes or equivalent of Passata or other Tomato sauce
- 2 cans of Beans rinsed well and drained (try Cannellini, Borlotti, Kidney or Black Beans)
- 1 tsp Italian/Mixed Herbs
- 1 large (or 2 small) Lemon zest and juice
- 1 tsp Smoked Paprika
- 1 tsp Salt & Pepper to taste
- ½ cup Water more as needed
- Baby Spinach (optional)

METHOD

1. Warm approximately 3 tbsp Olive Oil in a large fry pan or saucepan and add the onion. Sauté for 5 – 10 mins until softened and clear.

SERVING IDEAS

As a variation, this recipe could be served on a bed of brown rice, or quinoa.

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2. Add the garlic and chilli flakes and continue to stir.
3. Add the capsicum and drained beans and stir into the onions.
4. Add the tomatoes, herbs, lemon zest and juice, smoked paprika, salt and pepper and a ½ cup of water. Bring to the boil and then reduce to a simmer for 20 to 30 mins adding more water if needed to maintain a stew/casserole-type consistency.
5. While that's cooking, heat a pan with a drizzle of olive oil and fry the sausages

TO SERVE

Serve in a bowl and top with your pan-fried or baked sausages and garnish with roughly chopped basil or parsley or both!

If you desire a larger or more filling meal, serve the cassoulet on a bed of quinoa or brown rice.
Another variation is to chop your cooked sausages and stir into the cassoulet before serving.

SERVES	PREP	COOK	TOTAL TIME
4-5	10 MINS	40 MINS	50 MINS

HANDY TIP

Warm the soy milk before adding it to the mash so that it doesn't cool down the potato.