



SMOKY SAUSAGE STEW WITH BAKED POTATOES



INGREDIENTS

SERVES 5

| | |
|------------------------------|---------------------------|
| 2 tbsp vegetable oil* | 50ml water |
| 8 Sausages | 400g can of plum tomatoes |
| 2 carrots, sliced thinly | 400g can of baked beans |
| 2 onions, finely chopped | Baking potatoes |
| 1 pepper, deseeded & chopped | Salt & Pepper to season * |
| 1 tbsp tomato puree | |
| 1 tbsp cajun seasoning | |

* Not provided

EQUIPMENT

Chopping board, knife, wooden spoon, large frying pan with lid or foil to cover

ALLERGENS

Wheat gluten (sausages), celery (seasoning)

STEP 1

- Pre-heat the oven to 190C/170C fan/Gas mark 5.
- Wash the baking potatoes and put into the oven (directly onto shelf) to bake for 50-60 mins or wait until STEP 7 and cook in the microwave.
- Chop the onions and peppers and thinly slice the carrots.



STEP 2

- Heat 2 tbsp oil in the frying pan, add the onion, peppers & carrot and fry on a medium heat for 5-7 minutes to soften.



STEP 3

- Turn up the heat slightly, add the sausages and fry until browned all over.



STEP 4

- Push the sausages to one side and stir the tomato puree and Cajun seasoning into the vegetables, cook for 2 mins.



STEP 5

- Add the tomatoes and water and stir in well.
- Bring to a simmer.



STEP 6

- Stir in the baked beans.
- Bring to a simmer and then cover with a lid or foil to simmer gently for 15-20 mins.



STEP 7

- Prick the potatoes several times with a fork and cook in the microwave (if using) for approx. 15 mins for 5.
- Spoon the smoky sausage mixture over the potatoes and enjoy!



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