

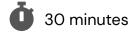




# Beef Chipolata and Beans

## with Mash

Grass-fed beef chipolata sausages in a rich and comforting baked bean stew served over creamy mashed potatoes.





4 servings



Beef

# Switch it up!

Add some grated cheddar cheese to melt in the mashed potatoes for a cheesy finish! Cook the sausages separately and serve them on the side if preferred.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

9g 34g

68g

#### FROM YOUR BOX

MEDIUM POTATOES	1kg
BEEF CHIPOLATAS	600g
BROWN ONION	1
YELLOW CAPSICUM	1
JIM JAM BEANS	1 jar
BABY SPINACH	1 bag (120g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, dried oregano

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Boil the kettle and cover the potatoes with hot water from the kettle to speed up the process.



#### 1. BOIL THE POTATOES

Peel and dice potatoes. Place in a saucepan and cover with water (see notes). Bring to a boil. Simmer for 12-15 minutes or until tender. Reserve 1/2 cup water before draining. Return to saucepan.



#### 2. COOK THE CHIPOLATAS

Meanwhile, heat a large frypan over medium-high heat with **oil**. Add beef chipolatas and cook for 5 minutes, turning, until browned.



### 3. SAUTÉ THE VEGETABLES

Slice onion and capsicum. Add to pan with **2 tsp oregano**. Cook for 8-10 minutes until the vegetables are softened.



#### 4. SIMMER THE BEANS

Stir in beans and **1 cup water**. Simmer for 5 minutes. Stir through spinach until wilted. Reduce heat to low to keep warm.



#### 5. MASH THE POTATO

Mash potatoes with **2 tbsp butter** and reserved cooking water to desired consistency. Season well with **salt** and pepper.



#### 6. FINISH AND SERVE

Serve chipolatas and beans with mashed potato.



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