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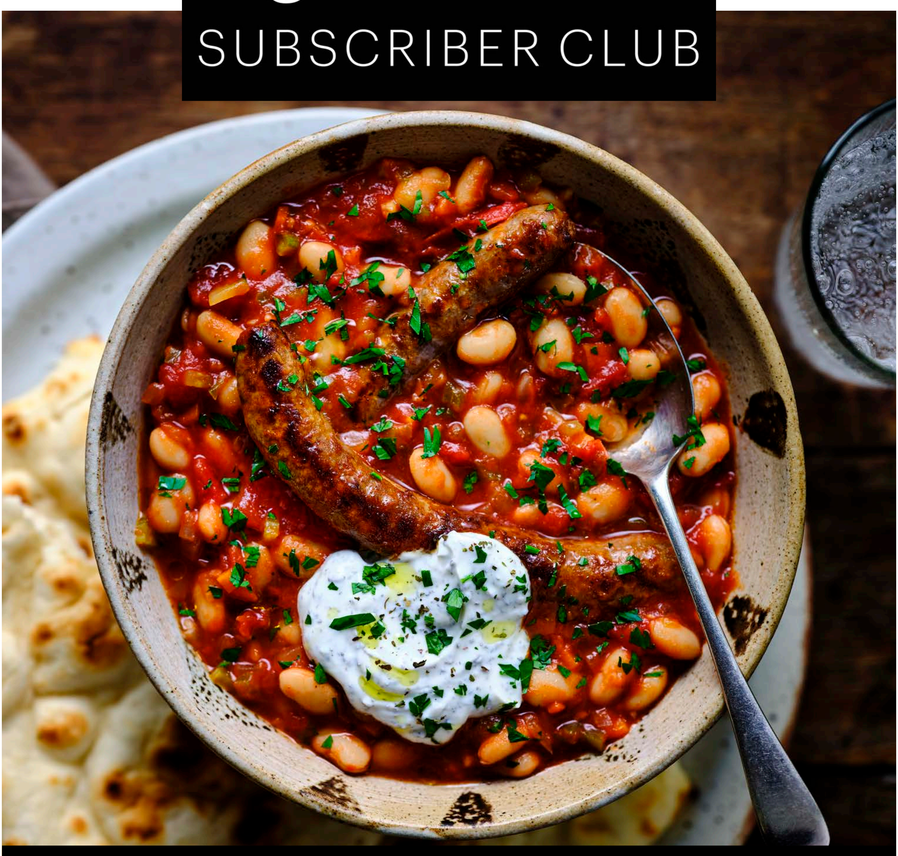

EXCLUSIVE RECIPE

Merguez sausage & bean one-pot

SERVES 4 **PREP** 25 mins **COOK** 50 mins **EASY**

Make this warming one-pot on colder nights. It's made with spiced north African merguez sausages and fragrant Aleppo chilli pepper. ***Esther Clark***

1 tbsp olive oil, plus extra for drizzling
8 merguez sausages
1 onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
1 green pepper, finely chopped
2 garlic cloves, crushed
2 tsp Aleppo chilli pepper
1 tsp ground cumin
2 tsp ground coriander
2 x 400g cans chopped tomatoes
2 x 400g cans cannellini beans, drained
200g full-fat Greek yogurt
1 tbsp dried mint
large handful of parsley, finely chopped
flatbreads, to serve

1 Heat the olive oil in a large, shallow, flameproof casserole dish over a medium heat and brown the sausages for 5 mins, turning halfway through. Remove to a plate and set aside.

2 Fry the onion, carrot, celery and green pepper in the pan with a pinch of salt over a low heat for 10 mins until softened. Add the garlic, Aleppo pepper, cumin and coriander, and cook for 5 mins more. Stir through the tomatoes, beans and some seasoning. Nestle in the sausages and simmer, covered, for 30 mins until the sausages are cooked through and the sauce is thick.

3 Combine the yogurt, dried mint and ½ tsp salt. Serve the beans and sausages topped with the minted yogurt, a drizzle of olive oil and the parsley, with warm flatbreads on the side for scooping up the beans.

GOOD TO KNOW fibre • vit c • 4 of 5-a-day
PER SERVING 529 kcals • fat 24g • saturates 10g • carbs 36g • sugars 14g • fibre 14g • protein 34g • salt 2.17g