



ONE-POT SAUSAGE, VEGETABLE AND RISOTTO CASSOULET



MINUTES TO PREPARE
20



MINUTES TO COOK
35



SERVES
4-6

INGREDIENTS

8 sausages (I use gluten-free)

1 onion, peeled and thinly sliced

1 celery stalk, washed and diced

1/2 red pepper, thinly sliced

1/2 aubergine, cut lengthways and chopped into 1cm chunks

1/2 courgette, cut into quarters lengthways and then into chunks

1/2 punnet shitake mushrooms, roughly sliced

3 cloves garlic, peeled and crushed

2 anchovy fillets, chopped (optional – they add a salty depth and won't make it fishy!)

150g Arborio risotto rice

75ml red wine

400g tinned chopped tomatoes

200ml water

1/2 teaspoon vegetable bouillon

1 teaspoon soy

1 teaspoon Worcestershire sauce

Maldon salt

Black pepper

Large handful of freshly chopped coriander

Chilli oil (optional)

LET'S GET COOKING

- 1 Preheat the oven to 160/315/gas 2-3.
- 2 In a large casserole dish, heat the oil and lightly brown off the sausages. Transfer to the side. Turn down the heat, add a little more oil and sautee the sliced onions and chopped celery for 5 minutes. Add the aubergine with a little more oil (they absorb oil when cooking) and cook until the aubergine starts breaking down and turning brown. Add the peppers, mushrooms, courgettes, garlic and anchovies and stir for 2 minutes.
- 3 Add the risotto rice and give it all a good stir for 1 minute. Turn up the heat and add the wine. Stir until the wine has absorbed. Turn down the heat again and add the tomatoes, water, bouillon, soy, Worcestershire sauce, salt and pepper. Give it one last big stir, add the sausages to the top in a layer and pop the lid on. Place in the oven for 35 minutes.
- 4 Once it's ready, taste to check the seasoning and sprinkle over the freshly chopped coriander. You don't really need anything else with this, apart from some chilli oil for those who like it hot! You might find you have extra rice which is delicious warmed up the next day with a couple of poached eggs.

"A delicious juicy casserole full of the rusticness European cooking. It's a great example of cooking using just one pot where the layers of ingredients can give your palette an adventure of different tastes and textures. I'm not talking Lasagne layers either! I'm talking about how you can layer ingredients in terms of what texture, colour and flavour you add to create a meal."