

OVERALL time: 60 mins

Butter Bean & Sausage Bake

Say hello to the ultimate warm-up-to-winter dish. This moreish Butter Bean & Pork Sausage Bake is packed with rich, comforting flavour - thanks to our **Garlic & Herb Shaker Seasoning**. The classic blend adds savoury depth that turns simple ingredients into mouth-watering meals.

Metric

Number of servings : 4

ingredients

For the main

- 700 g whole baby potatoes
- 8 large pork sausages, or different sausage of choice e.g beef bangers
- 1 large onion, thickly sliced
- 4 whole baby fennel, thickly sliced
- **Cape Herb and Spice Garlic & Herb Shaker**
- 125 ml dry white wine (optional)
- 2 tins butter beans, drained and rinsed
- Zest of 1 lemon, peeled off in strips
- 2 Tbsp Juice of 1 lemon
- 5 leaves bay leaves
- 2 large green apples, sliced into eighths & core removed
- 400 ml chicken stock

To serve

- Fresh dill
- Olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 45 mins

Wash potatoes then place in a medium sized pot and cover with water. Bring to the boil and cook until tender.

Drain and set aside.

When cool enough to handle, slice in half and set aside.

Preheat oven to 200°C.

Place a large oven safe buffet casserole style pan over medium high heat.

(Make sure you can fit all the ingredients in your chosen vessel)

Heat a drizzle of olive oil and add the pork sausages.

Sear them until golden brown all over and then remove and set aside.

To the same pan, add the onion and fennel.

Season generously with **Cape Herb & Spice Garlic & Herb Shaker**.

Sauté until the onion is tender.

Pour in the white wine and deglaze the bottom of the pan, scraping up any nice brown bits from the sausages.

Add the rest of the ingredients and mix well.

Finally nestle the sausages back into everything.

Bring the braising liquid to the boil and then transfer to the oven.

Bake for 20 minutes until the sausages are cooked through and the edges of everything are nice and golden.

Serve the bake in shallow bowls, making sure everyone gets plenty of the sauce.

Scatter with fresh dill and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram

|<http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

Metric

ingredients

For the main

- 700 g whole baby potatoes
- 8 large pork sausages, or different sausage of choice e.g beef bangers
- 1 large onion, thickly sliced
- 4 whole baby fennel, thickly sliced
- **Cape Herb and Spice Garlic & Herb Shaker**
- 125 ml dry white wine (optional)
- 2 tins butter beans, drained and rinsed
- Zest of 1 lemon, peeled off in strips
- 2 Tbsp Juice of 1 lemon
- 5 leaves bay leaves
- 2 large green apples, sliced into eighths & core removed
- 400 ml chicken stock

To serve

- Fresh dill

- Olive oil

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 45 mins

Wash potatoes then place in a medium sized pot and cover with water.
Bring to the boil and cook until tender.
Drain and set aside.
When cool enough to handle, slice in half and set aside.
Preheat oven to 200°C.

Place a large oven safe buffet casserole style pan over medium high heat.
(Make sure you can fit all the ingredients in your chosen vessel)
Heat a drizzle of olive oil and add the pork sausages.
Sear them until golden brown all over and then remove and set aside.

To the same pan, add the onion and fennel.
Season generously with **Cape Herb & Spice Garlic & Herb Shaker**.
Sauté until the onion is tender.
Pour in the white wine and deglaze the bottom of the pan, scraping up any nice brown bits from the sausages.
Add the rest of the ingredients and mix well.

Finally nestle the sausages back into everything.
Bring the braising liquid to the boil and then transfer to the oven.
Bake for 20 minutes until the sausages are cooked through and the edges of everything are nice and golden.

Serve the bake in shallow bowls, making sure everyone gets plenty of the sauce.
Scatter with fresh dill and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram
|<http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>