

# Glucomen

## Recipes

### Chicken and Sausage Cassoulet

Serves 4

#### Ingredients

20g plain flour  
2 tbsp extra virgin olive oil  
200g Low fat pork sausage  
400g chicken breast cut into large pieces  
1 large red onion  
3 carrots, diced  
120g canned haricot beans  
250g chopped tinned tomatoes  
3 cloves of crushed garlic  
750ml chicken stock (reduced salt stock cubes if possible)

#### Method

1. In a pan, fry the sausages in a tablespoon of oil until cooked and tender. Remove from the pan and leave to cool.
2. Next, place the diced chicken in to the pan with a tablespoon of oil, and dust using the flour and fry for 2 mins. Add the garlic, onion and continue to fry for another 2 mins.
3. Add the carrots to the pan and cover the contents with the chicken stock. Bring the stock to the boil and then continue to simmer for approx 45 mins.
4. Add the beans and tomatoes. Cut the sausages into pieces and place them in the pan too. Simmer for another 10 mins before serving.

#### Serving Suggestion

Serve with boiled rice or boiled potatoes and vegetables to increase the fibre content (this suggestion is not included in the nutritional content below).

Nutritional Content	Per portion 400g	Traffic Light colour
Energy ( kcal)	396	x
Carbohydrate (g)	31.5	x
Sugars (g)	9	Green
Fat (g)	14.5	Amber
Saturated fat (g)	3.5	Green
Salt (g)	1.8	Amber

