

## **Catherine Fulvio's One Pot Recipes**

### **Sausage and Butterbean One Pot**

#### **Ingredients**

6 pork sausages (sliced 4cm diagonally)  
1 onion, chopped  
1 tsp harrisa paste  
1 red pepper, diced  
2 carrot, peeled and diced  
2 garlic cloves, thinly sliced  
2 tsp tomato puree  
1 tsp oregano  
100 g butterbeans (soaked the night before and rinsed)  
1 bay leaf  
800 ml to 900ml vegetable stock  
salt and freshly ground black pepper  
1 tblsp olive oil  
1 tblsp chopped parsley for garnishing

#### **Method**

Preheat the oven to 180C (Fan160C/Gas 4).

Heat the oil in an ovenproof casserole dish, add the sausage and brown lightly.

Add the onion, stir in the harrisa paste, red pepper, carrot, garlic, tomato puree and oregano, gently sauté for 6 to 7 minutes, stirring from time to time. You may need to add a little stock at this point.

Stir in the butterbeans, bay leaf and stock, bring to the boil, cover and place in the oven for about 25 – 30 minutes until the beans are cooked through.

Check the seasoning and sprinkle over parsley. Serve with steamed green beans.

Catherine's Tips: Add sliced chorizo & orange zest instead of the pork sausage.

Using a can of butterbeans is very convenient and time saving. (The cooking time will be about 12 to 15 minutes.)

You can prepare this one ahead of time. If you can't get the oregano, use thyme as it is a lovely comforting combination with the butterbeans and harrisa.

## **Barley Chicken Olive Casserole One Pot Serves 4**

### **Ingredients**

8 chicken thighs, deboned and skin removed

1 tbsp flour, seasoned

1 red onion, finely chopped

2 garlic cloves, finely sliced

400g tinned diced tomatoes

1 tbsp tomato puree

1 red pepper, roughly chopped

2 tsp chopped rosemary

4 tbsp barley

300ml chicken stock

2 tbsp pitted black olives

Olive oil

Salt and freshly ground pepper

Preheat the oven to 180°C/fan 160°C/gas 4. Toss the chicken thighs into the flour. Shake off the excess flour. Heat some oil in a casserole over a medium heat and add the chicken thighs and brown all over. Add a little more oil. Add the onions, garlic and sauté until the onions are soft. This will take about 6 – 7 minutes. Add the tomatoes and tomato puree and cook for about 4 minutes before adding the red pepper, barley and chicken stock. Season with salt and freshly ground black pepper. Place into the oven for 35 to 40 minutes, stirring from time to time. Add the olives about 10 minutes before the end of the cooking time. Check the seasoning before serving with mashed potatoes.