

AIR FRYER SAVOY, SAUSAGE & BEAN CASSEROLE



Moderate



90 minutes



Main



04 Servings

INGREDIENTS

8 good-quality sausages
7 tbsp extra virgin olive oil
2 onions, sliced into half moons
2 carrots, peeled and chopped into 2cm/¾in cubes
6 bay leaves
2 tbsp finely chopped fresh sage (optional)
2 sprigs fresh rosemary, leaves finely chopped (optional)
400g tin chopped tom
2 tbsp tomato paste
2 chicken stock cubes
400g tin borlotti or cannellini beans, drained and rinsed
150g savoy, stalks removed, leaves shredded
30g parmesan finely grated
salt and freshly ground black pepper



COOKING STEPS

Preheat the air fryer to 180C.

Line the air fryer basket with kitchen foil, add the sausages and drizzle with 1 tablespoon olive oil. Cook for 8 minutes, turning halfway through.

Remove the sausages and set aside.

Put the onion, carrots, herbs, 6 tablespoons olive oil and some salt and pepper into a heatproof dish that fits into your air fryer and cook for 5 minutes.

Add the tomatoes, tomato paste, stock cube, 300ml/½ pint water and the sausages and cook for 15 minutes.

Add the beans and cavolo nero and stir through; cook for a further 5 minutes.

Discard the bay leaves.

You can slice the sausages at an angle or keep them whole. Serve topped with a few sage leaves and some grated parmesan.