

MARLEY SPOON



Stewed Sausage & White Beans

with Tuscan Kale & Poached Eggs



20-30min



2 Servings

Spicy Italian sausage and hearty, nutrient-dense kale cook together with tomatoes and white beans in this ragu, brimming with rich, comforting, cold-weather ingredients and flavors. Each serving is topped off with nutty Parmesan cheese and a poached egg, all on a bed of crunchy homemade croutons.

What we send

- 1 can white beans
- 1 bunch Tuscan kale
- 2 plum tomatoes
- garlic (use 1 large clove)
- ½ lb pkg uncased hot Italian sausage
- 1 pkt turkey broth concentrate
- ¾ oz piece Parmesan ⁷
- 1 ciabatta roll ^{1,6}

What you need

- large eggs ³
- olive oil
- kosher salt & ground pepper

Tools

- fine-mesh sieve
- box grater
- medium skillet
- medium saucepan

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 1010kcal, Fat 52g, Carbs
81g, Protein 53g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Drain and rinse **beans**. Strip **kale leaves** from half of the stems (save rest for own use). Discard stems, then stack leaves and cut into thin ribbons. Cut **tomatoes** into 1-inch pieces. Peel **1 large garlic clove** and thinly slice half; reserve remaining half for step 5. Crack **2 large eggs** into 2 small bowls without breaking the yolks.



4. Add tomatoes & broth

Add **tomatoes** and **1 tablespoon oil** to same skillet and cook, stirring occasionally, until nearly broken down, 3–4 minutes. Return **kale and sausage** to skillet. Stir in **broth mixture** and simmer over low heat until kale is tender and liquid is slightly reduced, about 5 minutes. Stir in **beans** and season to taste with **salt** and **pepper**. Cover and keep warm over low.



2. Prep sausage

Break **sausage** into 1-inch pieces. In a measuring cup, stir to combine **broth concentrate** with **½ cup water**. Grate **Parmesan** on the large holes of a box grater.



5. Toast bread

Meanwhile, split **ciabatta roll**, if necessary, and brush lightly with **oil**. Toast directly on center oven rack until golden, about 5 minutes. Rub cut sides with **reserved garlic half**. Tear toasted ciabatta into large pieces and transfer to plates. Meanwhile, bring a medium saucepan of **salted water** to a gentle simmer.



3. Cook sausage & kale

Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add **sausage** and cook, breaking up slightly, until browned and cooked through, about 5 minutes. Add **sliced garlic** and cook, stirring, until fragrant, about 1 minute. Add **kale ribbons** and cook, stirring, until wilted, about 2 minutes. Transfer sausage and kale to a plate.



6. Poach eggs & serve

Slowly add each **egg** into the simmering **salted water**; poach until whites are set but yolks are still runny, 2–3 minutes. Remove eggs with a slotted spoon and blot undersides dry with paper towel. Spoon **sausage, beans, and kale** over **croutons** and top with **eggs**. Sprinkle **Parmesan** on top and drizzle with **oil**. Enjoy!