



Grilled Sausages and Scallions

with Baked Navy Beans



30-40min



2 Servings

This recipe is our grown-up version of baked beans and hot dogs, featuring a serious upgrade to bratwurst, a delicious pork sausage flavored with caraway and nutmeg. Navy beans are baked with honey and whole grain mustard for that much-loved balance of sweet and tangy. Grilled scallions and kale salad provide the greens, finishing a rich but well-rounded meal! Cook, relax, and enjoy!

What we send

- scallions
- bratwurst
- large yellow onion
- garlic cloves
- whole grain mustard ¹⁷
- honey
- navy beans
- chicken broth
- lemon
- baby kale

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large ovenproof skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 823kcal, Fat 39g, Carbs 71g, Proteins 44g



1. Prep ingredients

Preheat oven to 400°F. Peel and finely chop onion and garlic. Rinse and drain navy beans. Trim roots from scallions.



2. Start beans

Heat 1 tablespoon oil in a large ovenproof skillet over medium-high. Add onion and garlic and season with ¼ teaspoon each salt and pepper. Cook, stirring often, until softened and golden, about 5 minutes. Add mustard and honey and stir to combine.



3. Bake beans

Add beans and chicken broth to skillet and stir to combine; season with ¼ teaspoon each salt and pepper. Transfer skillet to the oven and bake until liquid is reduced, 15-20 minutes.



4. Grill sausages and scalli

Meanwhile, preheat grill, grill pan, or skillet over medium-high. Lightly drizzle scallions with oil and season with salt and pepper. Add sausages and scallions to grill and cook, turning occasionally, until all is lightly charred and sausages are cooked through, 3-4 minutes for scallions, and 6-8 minutes for sausages.



5. Dress kale

Halve lemon and squeeze half over kale. Season with salt and pepper, drizzle with oil, and toss to coat. Taste and add more lemon juice if desired.



6. Serve

Serve baked beans topped with kale salad, sausages, and scallions. Enjoy!