

Sarah's Sausage Chilli with Flatbread



Ingredients

Serves 4

For the Sausage Chilli

Dash of rapeseed oil
8 pork sausages, skin removed & in small chunks
4 leeks, cleaned & diced
4 cloves of garlic, finely chopped
1 red pepper, diced
1 tin chopped tomatoes
4 fresh tomatoes, chopped
1 tin kidney beans (or any beans)
2 medium sweet potatoes, diced
1 tbsp tomato purée
1 tbsp tomato ketchup (reduced sugar is best)
1 vegetable stock cube & 200ml boiling water
(reduced salt if you can)
1 banana, diced
1 tsp smoked paprika
1 tsp chilli powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp dried sage
Pinch of black pepper
1 tbsp snipped chives (to garnish)

For the Flatbread (Makes 8)

250g plain yoghurt
250g self-raising flour
½ tsp baking powder
1 tbsp rapeseed oil

For the Cucumber, Chilli & Lime Salad

1 cucumber, cut into ribbons
1 red onion, thinly sliced
1 chilli, de-seeded & finely
chopped
1 lime for juice & zest
1 tsp honey
½ tsp chilli flakes (optional)
1 tsp rapeseed oil



Method

- 1 Heat the oil in a heavy based pan over a medium heat and stir the sausage chunks until cooked.
- 2 Remove the sausage from the pan then add the leeks, garlic and red pepper. Cook until soft and slightly browned.
- 3 Now add the sausage back in, along with all the dried herbs and spices. Cook for another minute, stirring all the time.
- 4 Add in the chopped tomatoes, fresh tomatoes, beans, tomato ketchup and tomato purée. Stir together with the stock, diced sweet potato and pinch of black pepper.
- 5 Reduce the heat and gently simmer for 10-15 minutes, until the sweet potato is cooked. When cooked, add the diced banana.
- 6 For your flatbreads, combine the flour, yoghurt and baking powder in a bowl and bring to a dough (with spoon or hands). Turn out onto a floured surface and knead for 10 minutes. Place your dough back in the bowl, cover and set aside for 15-20 minutes (this allows the ingredients to activate).
- 7 Divide the dough into 8 portions and roll into balls.
- 8 Dust with a little flour and roll out flat to the size of a side plate. Lightly brush with oil.
- 9 Cook the flatbreads in a hot pan for about 20 seconds on each side. The bread should be dotted with brown circles but be careful not to burn it! Repeat the process until all the flatbreads have been cooked.
- 10 Finally, combine your salad ingredients together with a quick stir.
- 11 Place a spoonful of chilli and salad in a bowl with a delicious homemade flatbread, and finish with yoghurt and snipped chives!