

Sausages and Beans

Servings: 4

Prep Time: 5min

Cook Time: 10min

Ingredients

- olive or avocado oil, for frying
- 500g boerewors
- 410g tin baked beans
- 80ml tomato purée
- handful parsley, chopped

Directions

1. Heat a splash of oil on medium-high and squeeze the meat out of the boerewors casings to make small meatballs. Fry for about 10 minutes or until browned. Add the baked beans and tomato purée and heat through for 3 minutes. Stir through the parsley. Season.

