

Reduced-fat sausage casserole (serves 2)

You will need:

- 1 tbsp rapeseed or olive oil
- 3 reduced-fat pork sausages
- 1 medium carrot
- 1 large stick celery
- ½ medium onion
- 1 clove garlic
- 2 tsp smoked paprika
- 150ml low-sodium vegetable stock
- ½ can tinned tomatoes
- 1 can butter beans drained
- 2 crusty wholemeal rolls

How to make it:

Heat the oven to 180°C/350°F/Gas Mark 4.

Chop all the vegetables

On the hob, add the rapeseed or olive oil to a large casserole dish. Add the sausages and brown for 10 minutes.

Remove the sausages, chop into bite-size pieces and return to the pan.

Add the chopped vegetables, garlic and smoked paprika and cook for another 4-5 minutes.

Add the stock and tinned tomatoes and simmer for 5 minutes.

Add the beans and put in the oven for 10-15 minutes.

Serve in a bowl with a crusty wholemeal roll

What does this give you?

- 2 portions of protein
- 3 portion of vegetables
- 1 portion of starchy foods

The stats (per serving): 481kcal, 2.9g saturated fat, 13.3g sugar, 13.8g fibre, 30g protein, 2.2g salt.

Preparation and cooking time: 40-50 minutes

Approx. cost per serving: less than £3

Allergens: contains gluten and celery and possibly milk, sesame, soya and sulphites.