

# Oven Bake Nut & Beans Sausages



Add your own taste of the UK, Italy or Turkey!

Minutes to Prepare: 20    Minutes to Cook: 25    Number of Servings: 6

## The basic Ingredients:

1 finely chopped onion or 1 stick celery , 1 mince clove garlic, 100gr chopped mushrooms, 1 grated carrot or courgette, 1 tin red kidney beans strained, 1 tin chickpeas (or baked beans), 50g chopped nuts ,1 tablespoon olive oil , , ½ teaspoon bicarbonate of soda, 1 medium egg OR 2 tablespoons chick pea flour, 4 tablespoon oats, 1 tablespoon mustard, ½ teaspoon curry, salt & pepper (to taste)

## For each destination, here are the extra ingredients to add before mixing:

### UK

Very Easy  
Lincolnshire style

1 tablespoon of dried sage

### Italy

Easy  
Spicy Italian & Meatballs

1 tablespoon Italian herbs,  
½ teaspoon of chilli powder,  
1 tsp of paprika

### Turkey

Easy-ish  
Kofte Style

1 teaspoon lemon juice  
1 teaspoon cumin  
1 teaspoon black pepper  
1 teaspoon chili powder,  
¼ chopped red pepper  
1 teaspoon dried thyme

#### Optional:

1 tablespoon chopped fresh  
parsley or coriander

## Method:

1. Chop and prepare all the ingredients, drain the beans/chick peas
2. Pre-heat the oven at 180 degrees
3. Lay the nuts on a baking tray and roast for a few minutes until golden
4. Mix all the prepared ingredients together , mixing well
5. **LEAVE to REST for about One Hour in the fridge (if you can!)**
6. Line an oven tray with baking paper
7. Dipping your hands in flour or chick pea flour or polenta, form 12 equal balls that you can flatten into a sausage or a ball shape
8. Place the sausages on the tray & Bake for 25-30 minutes, turning once

## Variations:

Alternatively you can use different vegetables for the mix to include one of your 5 a day to the recipe. You can also add parsley, spring onions

**Nutrition Facts for one portion (red kidney beans & chickpeas version) :** Calories: 127 Total Fat 5.7g  
Saturated fat : 1g Cholesterol 41mg Sodium:185mg Total Carbohydrate: 13.6g Dietary  
Fiber:2.8g Total sugars: 2.4 g Protein: 5.6g Calcium: 24mg Vitamin D:4mcg Calcium: 24mg Iron:  
1mg Potassium: 205mg