

Seared Knockwurst

with New England-Style Beans
& Coleslaw

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

Tonight, we're pairing knockwurst—a pleasantly garlicky, smoked German-style beef sausage in a snappy pork casing—with tender pinto beans. The beans are stewed on the stove with a touch of molasses for deep sweetness (a traditional New England touch). A vinegar-based slaw of thin-sliced cabbage and grated carrots, tossed with aromatic celery seeds, balances out the rich and sweet flavors of the dish.



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Ingredients



4
BEEF
KNOCKWURST*



1 1/2 cups
PINTO BEANS



2
CARROTS



1
VIDALIA ONION



3/4 lb
GREEN CABBAGE

KNICK KNACKS:



2 Tbsp
LIGHT BROWN
SUGAR



2 Tbsp
RED WINE
VINEGAR



1 Tbsp
WHOLE GRAIN
DIJON MUSTARD



2 Tbsp
MOLASSES



2 Tbsp
TOMATO PASTE



1/2 tsp
CELERY SEEDS

* made with natural pork casings



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Peel and small dice the onion.
- ☐ Drain and rinse the beans.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves.
- ☐ Peel the carrots and grate on the large side of a box grater.
- ☐ Halve the knockwurst lengthwise.

2 Cook the aromatics:

- ☐ In a small pot, heat a drizzle of olive oil on medium-high until hot.
- ☐ Add the **onion**; season with salt and pepper. Cover and cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.
- ☐ Add the **tomato paste**; season with salt and pepper. Cook, uncovered, stirring occasionally, 3 to 4 minutes, or until dark red and fragrant.

3 Stew the beans:

- ☐ Add the **molasses**, **sugar**, and **half the mustard** to the pot. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined.
- ☐ Add the **beans** and **½ cup of water**; season with salt and pepper.
- ☐ Reduce the heat to medium. Cover and cook, stirring occasionally, 11 to 13 minutes, or until the liquid is slightly thickened and saucy. Turn off the heat. Season with salt and pepper to taste.

4 Make the coleslaw:

- ☐ While the beans stew, in a large bowl, combine the **cabbage**, **carrots**, **vinegar**, **celery seeds**, **remaining mustard**, and **1 tablespoon of olive oil**; season with salt and pepper. Toss to thoroughly combine.
- ☐ Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

5 Sear the knockwurst:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **knockwurst**, cut side down. Cook 2 to 3 minutes on the first side, or until lightly browned. Flip and cook 1 to 2 minutes, or until browned and heated through. Turn off the heat.

6 Serve your dish:

- ☐ Divide the **stewed beans**, **seared knockwurst**, and **coleslaw** among 4 dishes. Enjoy!

