



Braised sausages & lentils

SERVES 4 PREP 15 mins COOK 1 hr 15 mins EASY

With minimal effort, the lentils in this dish become meltingly soft and deeply flavoured – an excellent winter warmer.

2 tbsp olive oil
8 pork sausages
1 large onion, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
3 garlic cloves, crushed
100ml white wine
750ml chicken stock

1 Heat the oil in a flameproof casserole dish or a deep frying pan over a medium-high heat and fry the sausages until dark brown, about 10 mins. Remove to a plate and set aside. Fry the onion, carrots and celery in the pan for 10-15 mins until softened and slightly opaque. Tip in the garlic and wine and bubble until the wine has reduced.

2 Add the stock, lentils, bay and mustard. Bring to a simmer and season well with

300g green lentils, drained and rinsed
2 bay leaves
1 tbsp Dijon mustard
small handful of parsley,
finely chopped

To serve
green salad, crusty bread and
Dijon mustard

pepper. Return the sausages to the pan and cover. Simmer over a medium heat for 45 mins-1 hr, or until the lentils are tender. Season to taste and scatter over the parsley. Serve with a green salad, some crusty bread and extra Dijon mustard, if you like.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day
PER SERVING 872 kcals • fat 50g • saturates 15g •
carbs 47g • sugars 17g • fibre 16g • protein 043g •
salt 5.7g



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Samuel Groves
MADE IN ENGLAND SINCE 1817

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