

One pot sausage and lentil casserole

(serves 6 people)

This is a traditional Meditteranean winter dish. Perfect for uing up those lentils that have been hiding in the back of the cupboard. A family dish that every one will love.

Ingredients

* 1 tsp olive oil
* 1 x 400g sausages\* (meat or vegetarian)
* 1 onion, peeled and diced
* 1 clove garlic
* 1 red pepper
* 250g dried lentils
* 275ml vegetable stock\*

Method

1. Add the oil to a large pan, and cook the sausages until cooked through, turning regularly. Or grill until cooked. Once cooked, remove the sausages from the pan.
2. Using the same pan and oil, add the onions, garlic and pepper and fry until softened.
3. Add the lentils to the pan with the onion mix, and add the sausages and stock too.
4. Bring the mix to the boil and simmer until the lentils have cooked through (around 30 minutes). Add more stock/water if needed.
5. Serve with rice, potatoes or crusty bread.

\*Can contain or is one of the 14 common allergens