

SPEEDY SAUSAGE CASSEROLE

(serves 4)



INGREDIENTS

- | | |
|-------------------------------------------------------|---------------------------|
| ½ tbsp extra virgin olive oil | 250g pre-cooked lentils |
| 16 chipolata sausages or | 150ml stock |
| 8 sausages, chopped into bite | 400g tin chopped tomatoes |
| sized pieces (choose high quality, high meat content) | 1 bunch parsley, chopped |
| 2 peppers, thinly sliced | Salt and pepper |
| 1 courgette, diced | |
| 4 sprigs thyme | |

METHOD

1. Heat the olive oil in a large frying pan, add sausages and cook for 4 mins to brown.
2. Add the red pepper, courgette and thyme and stir fry for 3-4 mins.
3. Tip in the lentils, stock and tomatoes and season with salt and pepper.
4. Bring to a simmer and cook for 10-15 mins.
5. Make sure the sausages are cooked through and serve with a scattering of parsley.
6. If you are extra hungry, serve with quinoa or cauliflower mash.



Nourish ———
————— to Soar