

HEALTHY SAUSAGE & LENTIL STEW

RECIPE



☰ Prep: 10 mins
🕒 Cook: 20 mins
🍴 Serves: 2
★ ★ ★ ★ ☆

Ingredients

- ▲ spray olive or canola oil spray
- ▲ 4 sausages
- ▲ 1 onion, chopped
- ▲ 2 cloves garlic, chopped
- ▲ 1 stalk celery, sliced
- ▲ 2 carrots, sliced
- ▲ 1 x 400g can no-added-salt brown lentils, drained
- ▲ 1/2 tsp reduced-salt vegetable stock
- ▲ 1 bay leaf
- ▲ 1 tsp ground cumin

Method

1. Heat oil in a pan or frypan that has a lid.
2. Gently fry the sausages for 5-10 minutes to give them a brown colour. Slice them up or leave them whole.
3. Add the onions and garlic and cook for another 5 minutes.
4. Add the rest of the ingredients and ¼ cup of water, stir well and put the lid on and simmer for 10-15 minutes or until the vegetables are tender and the sausages are cooked through. Check after 5 minutes and add more water if needed.

Variation: Use dried lentils, soaked overnight.

Nutrition Information

	per serving	per 100g
Energy	2075 kJ	582 kJ

	per serving	per 100g
Protein	27 g	8 g
Fat, total	24 g	7 g
— saturated	10 g	3 g
Carbohydrate	36 g	10 g
— sugars	7 g	2 g
Sodium	644 mg	181 mg
Fibre	13 g	4 g