

# Sausage and Lentil Hotpot

## Preparation Time

10 minutes

## Cooking Time

45 minutes

## Pot Stuff (serves 4)

- 2 tbsp olive oil
- 8 (or 6 big) good pork sausages
- 1 Carrot, finely diced
- 2 Sticks Celery, finely chopped
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 250g puy lentils
- 150 ml chicken stock
- 150 ml red wine
- 1 sprig rosemary
- Salt and pepper to season

## Method

1. Heat 1 tbsp of olive oil in a large heavy-bottomed frying pan and cook the sausages until browned, then remove the and set aside
2. Add the rest of the olive oil to the pan. Cook the onion, garlic, carrot, and celery for 5-10 minutes, until lightly coloured and softened
3. Return the sausages to the pan, along with the stock, wine, rosemary and lentils.
4. Bring to the boil, then simmer for 30 minutes until the lentils have softened. Check the sausages are cooked right through and remove the rosemary sprigs before serving

Per Serving:

Calories 542 kcal | Fat 23.6 g (sat fat 8g) | Protein 37.2 g | Carbohydrate 39.8 g