





Cooking Made Easy

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## Super Cosy Herby Pork and Lentil Casserole

Every week you send us thousands of replies to the recipe survey and we read every. single. one. of. them. That means every week you get to help shape the future menus we send out. That said, Head Chef Patrick isn't a big fan of spring greens so this little superfood hasn't had many outings. Chef Rachel snuck this one through on the sly and even he had to admit it was awesome!

 45 min

 gluten free

 lactose free



Onion



Garlic Clove



Carrot



Vine Tomato



Pork Sausage



Organic Lentils



Wholegrain Mustard



Chicken Stock Pot



Thyme




Spring Greens




Flat Leaf Parsley

## Ingredients

	2P	4P
Onion, chopped	1 cup	2 cups
Garlic Clove, chopped	1	2
Carrot, sliced	1 cup	2 cups
Vine Tomato, chopped	2	4
Pork Sausage <b>1</b>	4	8
Organic Lentils	1 tin	2 tins
Wholegrain Mustard <b>2</b>	2 tsp	4 tsp
Chicken Stock	½ pot	1 pot
Thyme	2 sprigs	4 sprigs
Spring Greens	1 handful	2 handfuls
Flat Leaf Parsley, chopped	1 tbsp	2 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Sulphites | **2)** Mustard

**Nutrition per serving:** Calories: 660 kcal | Protein: 35 g | Carbs: 48 g | Fat: 34 g | Saturated Fat: 11 g



**1** Peel and then finely chop the onion and garlic. Peel the carrots and cut into carrot sticks, then thinly slice those sticks widthways to make flat squares - see the picture for the shape.



**2** Cut the tomatoes in half and use a teaspoon to remove the seeds and discard. Roughly chop the tomato flesh.



**3** Put 1 tbsp of olive oil in a large pan over a medium heat. Once hot add the sausages and brown them off on all sides for about 4 mins.

**4** Remove the sausages from the pan and add the onions and carrots. Gently cook until soft over a medium heat for about 5 mins. Add the garlic and cook for a further 2 mins.



**5** Return the sausages to the pan along with the drained lentils. Add the mustard, half the stock pot and 100ml of water. Add the thyme and tomatoes and cook on a medium-low heat for 20 mins. Season with ¼ tsp of salt and a few grinds of pepper.

**6** Wash the spring greens and roughly tear the leaves, discarding any tough parts. Heat 2 tsp of olive oil in a medium sized pot on medium-low heat. Once hot add the greens, ¼ tsp of salt and pepper and cover with a lid and cook for 5 mins. **Tip:** *The water from washing the greens will be enough to cook the leaves.*

**7** Taste everything for seasoning and add salt and pepper if necessary. Check the greens are soft enough to eat and if you have some butter you can add a knob as a decadent touch! Serve the casserole on your plates, sprinkle over some chopped parsley, add the greens to the side and enjoy!