

Oregano Sausages

with Mustardy Lentils and Garlic Bread

CLASSIC 35 Minutes • 2 of your 5 a day

















Garlic Clove

Flat Leaf Parsley













Pork and Oregano Sausage







Chicken Stock Powder

Ciabatta

Baby Spinach



Crème Fraîche



Wholegrain Mustard

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Sieve, Kitchen Foil, two Baking Trays, a Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Lemon**	1/2	3/4	1
Pork and Oregano Sausage 13) 14) **	4	6	8
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Lentils*	125ml	200ml	250ml
Olive Oil for the Ciabatta*	2 tbsp	3 tbsp	4 tbsp
Ciabatta 11) 13)	1	1½	2
Baby Spinach**	1 small bag	1 small bag	1 large bag
Crème Fraîche 7)**	100g	150g	200g
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	548g	100g
Energy (kJ/kcal)	3236 /774	591/141
Fat (g)	51	9
Sat. Fat (g)	19	3
Carbohydrate (g)	55	10
Sugars (g)	11	2
Protein (g)	31	6
Salt (g)	3.40	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

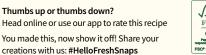
7) Milk 9) Mustard 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep Time

Preheat your grill to medium-high. Trim the carrot (no need to peel!), halve lengthways then thinly slice widthways. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the parsley (stalks and all). Drain and rinse the **lentils** in a sieve. Halve the lemon.



2. Grill the Sausages

Pop the sausages on a foil-lined baking tray and grill for 18-20 mins. Turn a couple of times to brown all over. **IMPORTANT:** The sausage is cooked when it is no longer pink in the middle. When cooked, remove and set aside covered in foil to keep warm.



3. Cook the Veggies

Meanwhile, heat a splash of oil in a large saucepan on medium heat. Add the carrot and shallot and cook until softened, stirring occasionally, 6-7 mins. Once the **veg** has softened, stir in **half** the **garlic**. Cook until fragrant, 1 minute, then add the **chicken** stock powder and the water (see ingredients for amount). Stir to dissolve the **stock** and simmer until the liquid has reduced by half, 8-10 mins.



4. Garlic Bread Time!

Meanwhile, mix the remaining garlic with half the **parsley** and the **olive oil** (see ingredients for amount). Season with salt and pepper. Halve the ciabatta (as if you were making a sandwich). Pop the **ciabatta** on another baking tray, spread the garlic oil over the ciabatta and (once the sausage is cooked) grill the ciabatta, oil-side up until golden, 2-3 mins.



5. Add the Lentils

Once the stock in your pan has reduced by half and the **carrot** is tender, stir in the **baby spinach** and cook until wilted, 2-3 mins. Add the lentils, crème fraîche and wholegrain mustard, then simmer until piping hot. Taste and add salt, pepper and a squeeze of lemon juice as required. TIP: Add a splash of water if the sauce is too thick.



6. Serve

Stir in the remaining **parsley**, then spoon the lentils into your bowls. Top with the sausage and serve the garlic bread alongside.

Zut! C'est bon!