



Toulouse-Style Sausage

with Mustardy Lentils and Garlic Bread

CLASSIC 35 Minutes • 2 of your 5 a day



Carrot



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Lentils



Toulouse Sausage



Chicken Stock Powder



Ciabatta



Baby Spinach



Crème Fraîche



Wholegrain Mustard



Lemon

Before you start

Our fruit and veggies may need a little wash before you use them!

Basic cooking tools, you will need:

Make sure you've got a Fine Grater (or Garlic Press), Sieve, some Foil, two Baking Trays, a Large Saucepan and Measuring Jug. Now, let's get cooking!

2 | 3 | 4 People-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
Toulouse Sausage (14)	4	6	8
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Water*	125ml	200ml	250ml
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Ciabatta (11) (13)	1	1½	2
Baby Spinach	1 small bag	¾ large bag	1 large bag
Crème Fraîche (7)	100g	150g	200g
Wholegrain Mustard (9)	1 pot	1½ pots	2 pots
Lemon	½	¾	1

*Not Included

Nutrition

	Per serving	Per 100g
For uncooked ingredients	548g	100g
Energy (kJ/kcal)	3004 / 718	548 / 131
Fat (g)	41	7
Sat. Fat (g)	17	3
Carbohydrate (g)	53	10
Sugars (g)	12	2
Protein (g)	33	6
Salt (g)	4.21	0.77

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

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1. Prep the Veggies

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.



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**. Cut the **ciabatta** in half lengthways (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 mins.



2. Grill the Sausage

Pop the **sausages** on a foil-lined baking tray and grill for 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.



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 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!*



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 soft, stirring occasionally, 6-7 mins and then, stir in **half** the **garlic**. Cook until fragrant, 1 minute, then add the **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.



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!