

Good for batch cooking



Speedy sausage, lentil and pepper stew

Serves 1

2 reduced fat pork sausage

1 tsp olive oil

½ onion, peeled and finely chopped

1 carrot, peeled and finely chopped

1 stick celery, finely chopped

½ red pepper, deseeded and chopped

2 tsp tomato puree

½ chicken stock cube

70g cooked lentils (25g uncooked lentils)

1 tsp grain mustard or Dijon mustard

Small bunch of parsley, chopped

Method

First remove the sausage skins and discard, then roll the sausage meat into small, bite-sized balls. Heat the oil in a saucepan over medium heat, add the sausage meatballs, onion, carrot, celery and pepper and fry for 7–8 minutes until the vegetables are soft and the meatballs are golden brown.

Add the tomato puree to the pan, fry for a minute then crumble in the stock cube. Add the lentils then pour in just enough boiling water to cover. Bring to the boil then simmer gently for 5 minutes.

Remove from the heat, stir in the mustard and parsley and serve.

Tip

This recipe uses ready-cooked lentils for ease and speed, but you can cook your own if you'd prefer. Pour the uncooked lentils into a pan of water, bring to the boil then reduce to a simmer and cook for 25 minutes.