



Oregano Sausages

with Mustardy Lentils and Garlic Bread

CLASSIC 35 Minutes • 2 of your 5 a day



Carrot



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Lentils



Lemon



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 you 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**	½	¾	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**.



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.



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.



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.*



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.



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!