

# Quick Sausage Stew



**Serves 4**   **Prep 5 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

1 tbsp olive oil  
1 onion, sliced  
12 chipolatas  
410g can of chickpeas (optional) or frozen peas  
350g jar readymade tomato sauce  
150ml chicken stock  
zest of 1 small orange  
2 tbsp chopped parsley  
crusty bread, to serve

1. Heat the oil in a frying pan and fry the sausages for 4-5 mins until golden brown. Remove and set aside.
2. Cook the onion in the same pan for 5-6 mins until softened, adding a splash of water if it starts to catch. Add the chickpeas or frozen peas, tomato sauce and stock and bring to the boil. Return the sausages to the pan, lower the heat to a simmer and cook for 5-6 mins until the sausages are cooked through. Scatter the orange zest and parsley over the stew, then serve with crusty bread on the side.