

Sausage and Lentil Casserole



Serves 4

Prep 10 mins

Cooking 50 mins

Easy



Ingredients

1 tbsp vegetable oil
6 -8 pork sausages
2 large onions, sliced
125g red lentils, rinsed
600ml chicken or vegetable stock
400g can chopped tomatoes
1 tbsp tomato purée (paste)
1 tsp dried mixed herbs or 1 tbsp chopped fresh herbs
salt and freshly ground black pepper

1. Heat the oil in a frying pan and fry the sausages quickly until browned on all sides. Transfer to a flameproof casserole or large saucepan.
2. Reduce the heat and add the onions to the pan. Fry until softened and beginning to turn golden.
3. Add the lentils, stock, tomatoes, tomato purée and herbs to the casserole. Bring to the boil and boil hard for 5 mins. Season with salt and pepper, then add the sausages back to the pan.
4. Reduce the heat, cover and simmer for 40 minutes. Stir every now and again to make sure the lentils don't catch on the bottom of the pan.
5. **Note:** freezes well for up to 3 months. Defrost fully before reheating until piping hot.