

Sausages in a Red Pepper & Rosé Sauce



Serves 4 Prep 10 mins

Cooking 45 mins

Easy

Ingredients

1 large red pepper
1 kg good quality sausages (Toulouse sausages, if you can get them)
2 medium onions, chopped
1 large tsp chickpea flour
1 flat tbsp tomato purée
2 glasses rosé wine (Gaillac, if available)
salt & pepper

1. Cook the pepper in boiling water for 10 mins
2. Remove and when cool enough, slice it open, deseed it and cut it into medium dice.
3. Brown the sausages gently in their own fat over medium-low heat for about 20 minutes. Set aside.
4. Soften and lightly colour the onions in the same pan.
5. Sprinkle over the flour and mix it in with the tomato purée. Pour in the wine, stirring all the while. Add the pepper, stir for a few moments, before adding the sausages. Season with salt and pepper and continue cooking for 10 minutes.
6. Serve over quinoa or couscous.