



GRILLED TOULOUSE SAUSAGE

with Balsamic Lentils and Ciabatta



HELLO ROSEMARY

Rosemary was used in Ancient Greece to strengthen the memory, scholars wore sprigs in their hair when they studied.



Toulouse Pork Sausage



Red Onion



Rosemary



Lentils



Ciabatta



Punchy Balsamic Mustard



Red Wine Stock Pot



Sliced Spring Greens

MEAL BAG

20 mins

Rapid recipe

2.5 of your 5 a day

Cook within 3 Days of Delivery

Chef André attributes his love of food to his father, a Frenchman and chef. He says his fondest childhood memories are of family meals around his parents' kitchen table. This recipe is a recreation of one of the dishes that made regular appearances on that very table, and is one we hope you love as much as he does. Forget pasta or potatoes – when it comes to nutritious and versatile cooking, little can beat the humble lentil.

GET **PREPARED!**

Preheat your grill to high.

BEFORE YOU START

Preheat your grill to high. Wash the veggies. Make sure you've got some Foil, a Baking Tray, Frying Pan (with a Lid), Sieve and Measuring Jug. Let's start cooking the Grilled Toulouse Sausages with Balsamic Lentils and Ciabatta.



1 GRILL THE SAUSAGES

- Put the **sausages** on a foil lined baking tray.
- Grill until cooked, 15-20 mins, turning halfway through. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



2 FRY THE ONIONS

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat.
- Halve, peel and finely slice the **red onion**. Add to the pan with a pinch of **salt** and cook, stirring occasionally, until softened, 4-5 mins.



3 DO THE PREP

- Strip the **rosemary leaves** from their stalks. Finely chop the **leaves** (discard the stalks).
- Drain and rinse the **lentils** in a sieve.
- Cut the **ciabatta** in half (as if you were going to make a sandwich).



4 COOK THE LENTILS

- Stir the **rosemary** and **balsamic mustard** into the **onion** for 1 minute.
- Add the **water** (see ingredients for amount) and **stock pot**. Bring to the boil, stirring to dissolve the **stock pot**, then add the **spring greens**.
- Cover with a lid and cook until soft, 5 mins then stir in the **lentils** and cook for a further 3 mins.



5 FINISH UP

- Three mins before the **sausages** are done, pop the **ciabatta** on the tray (drain off any liquid on the tray first), cut side up, drizzle with a little **oil** and season with a pinch of **salt** and **pepper**.
- Return to the grill until the **sausages** are cooked and the **ciabatta** toasted, 2-3 mins. Season to taste with more **salt** and **pepper**, if needed.



6 SERVE

- Serve the **balsamic lentils** in bowls topped with the **sausages** and **ciabatta**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Toulouse Pork Sausage 14)	4	8
Red Onion	1	2
Rosemary	1 sprig	2 sprigs
Lentils	1 tin	2 tins
Ciabatta 13)	1	2
Punchy Balsamic Mustard 9)	1 pot	2 pots
Water*	75ml	150ml
Red Wine Stock Pot 14)	½	1
Sliced Spring Greens	1 small bag	1 large bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 477G	PER 100G
Energy (kcal)	643	135
(kJ)	2690	564
Fat (g)	33	7
Sat. Fat (g)	12	2
Carbohydrate (g)	47	10
Sugars (g)	10	2
Protein (g)	34	7
Salt (g)	2.95	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard 13) Gluten 14) Sulphites

Red Wine Stock Pot: Water, Sugar, Salt, Reduced Wine (Sulphites) (11%), Glucose Syrup, Dried Onion, Natural Flavouring, Stabiliser (Tara Gum).

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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