



# 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 <b>13</b> <b>14</b> **	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 <b>11</b> <b>13</b>	1	1½	2
Baby Spinach**	1 small bag	1 small bag	1 large bag
Crème Fraîche <b>7</b> **	100g	150g	200g
Wholegrain Mustard <b>9</b>	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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## 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!**