



Pork Sausages and Lentils

🕒 TOTAL TIME: 30 mins
☁️ LEVEL: easy
🍴 YIELD: 4 servings

A satisfying family meal and only one pan to wash up. Plus the lentils and spinach are so healthy you won't feel bad about reaching for a second sausage!

Ingredients

2 Tbsp olive oil
2 red onions, sliced
2 garlic cloves, diced
8 pork sausages
250g brown lentils
300ml vegetable stock
200g spinach
handful parsley
crusty loaf

Directions

1. Heat 1 tablespoon of oil in a frying pan and cook the sausages for 5 minutes until browned, Set aside.
2. Add remaining oil and sauté onion and garlic until softened. Add lentils sausages and stock, bring to a simmer and cook for 20 minutes.
3. Stir through spinach leaves and parsley and serve immediately with crusty bread.