



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SAUSAGE & LENTILS

Time: 30 minutes

Serves: 6

Ingredients:

2 teaspoons extra-virgin olive oil
1 pound fresh beef sausages
1 onion – chopped
4 shallots – chopped
2 teaspoons fresh thyme – finely chopped
19 ounce can lentils – rinsed and drained
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
8 cups mixed baby greens such as kale, spinach and chard

Preparation:

Place a heavy pan over medium heat and add the olive oil.

Once the oil is hot, place the sausages in the pan turning occasionally for ten minutes or until evenly browned. Remove the sausages and set aside.

Add the onion and shallots to the pan, stirring occasionally for five minutes.

While the onion and shallot are cooking, slice the sausages on the diagonal.

Add the sausages, thyme, lentils, salt and pepper to the pan along with the onions and shallots. Cook, stirring occasionally for five more minutes. Remove the mixture from the pan and set aside to keep warm.

Place the greens in the pan and sauté for five minutes.

Plate the greens next to the sausage mixture and serve immediately.

Nutritional Information Per Serving:

Calories: 390
Fat: 22g
Carbs: 26g
Fibre: 8g
Protein: 23g