



Merguez Sausage, Puy Lentils & Mushrooms

Merguez lamb sausage is made with harissa, a chili paste they use in North Africa that's a combination of sweet and hot chilis, garlic, coriander, caraway, mashed with a little lemon and olive oil. In this dish we combine these with tasty, healthy Puy lentils which are grown in France and have a unique peppery flavour which goes really well with the sausage.

Ingredients

- Merquez Sausage
- Banana Shallot
- Puy Lentils
- Chestnut Mushrooms
- Chicken Stock Cube
- Ground Cumin

Your Pantry

- Olive Oil

Nutritional Info

Calories: 583 kcal
Carbohydrates: 50 g
Protein: 48 g
Fat: 21 g

Allergens

Wheat (Sausage)
Celery (Stock Cube)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Prepare the ingredients

Peel and finely chop the shallots. Slice the mushrooms and set aside. Dissolve the stock cube in 180 ml of boiling water per person, set aside.

2) Fry the shallots

In a large pan with a little oil fry the shallots over a medium heat for 3-4 minutes or until the shallots are light and translucent. Add the cumin and cook for another 2 minutes. Remove the fried shallots from the pan and set aside.

3) Fry the sausages

In the same pan fry the sausages until golden brown on all sides.

4) Add back in the shallots & mushrooms

Into the pan with the sausages add back in the fried shallots. Then add the sliced mushrooms.

5) Add the lentils

Now add the lentils to the pan and pour over the stock.

6) Cook the lentils

Bring the stock in the pan to a simmer and cover the pan with a lid and leave to cook for 20 – 25 minutes.

7) Finish the dish

Once the lentils are cooked, spoon the dish onto plates serve the dish and enjoy!



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