



Adult Learning Within Reach

Member Lecture – 8 April 2021

Cooking and eating healthily
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Recipe: Sausage & Lentil Hotpot

Serves 4

Ingredients

- 1 tbsp olive oil
- 454g pack sausages (pork/vegetarian/Quorn)
- 1 medium white onion
- 2 cloves garlic
- 1 leek
- 1 large carrot
- 1 tsp ground cumin
- 2 bay leaves
- 200g green lentils (dried)
- 1l Chicken or vegetable stock
- 200g curly kale/cavolo nero/spring greens
- Flat leaf parsley to garnish (optional)

Equipment needed: Measuring jug, knife, spoon, slotted spoon/tongs, frying pan, large saucepan/casserole dish (suitable for hob), ladle.

Cooking method: Two hob rings required

Method

1. Add the cumin, bay leaves and lentils with 1 litres stock. Bring to the boil then simmer for 15 minutes, stirring occasionally until thick and soupy and the lentils are almost tender.
2. Heat the oil in a large pan, add the sausages and fry for 15 minutes until browned. Remove from the pan with a slotted spoon. Add the onion, garlic, leek and carrot and cook for 5 minutes until softened.
3. Stir in the kale/spring greens, return the sausages to the pan, cover and cook for a further 5 minutes until the greens are tender. Discard the bay leaves and season to taste. Roughly chop the parsley and scatter on top.