

INGREDIENTS:

8 sausages
250g green lentils
1 onion
1 carrot
2 sticks of celery
2 tablespoons olive oil
2 chicken stock capsules
Sea salt
Freshly-ground black pepper

TIME: 1 hour**SERVING:** 4 people

Finely chop the onion and celery, peel the carrot and slice into thin rounds. Heat the oil in a heavy pan and brown the vegetables. Rinse the lentils well under running water and add to the pot with the thyme, bay leaf, plenty of pepper, stock capsules and twice the volume of water. Bring to the boil then cover and simmer gently for 25 minutes. Prick the sausages all over with a fork, add to the pot and simmer for a further 25 minutes. Add salt to taste just before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: