

## ALL-IN-ONE SAUSAGE CASSEROLE



MINUTES TO PREPARE

15



MINUTES TO COOK

40



SERVES

5

### INGREDIENTS

**10-15 large sausages**

**1 tablespoon rapeseed oil**

**2 celery stalks, finely diced**

**1 onion, peeled, finely diced**

**2 Portobello mushrooms, peeled, finely diced (or 200g button mushrooms finely diced)**

**3 cloves of garlic, peeled and chopped**

**100g basmati rice**

**100g red lentils**

**400g tin of chopped tomatoes**

**1 tablespoon of brown sugar (or caster sugar)**

**1 tablespoon of red or white wine vinegar**

**400ml water with 1 teaspoon of vegetable bouillon**

**A good pinch of Maldon sea salt**

**A good grind of black pepper**

**1 large handful of oregano or marjoram, finely chopped**

**200ml water mixed with 2 tablespoons soy sauce and 1 tablespoon Worcestershire sauce**

*You will need a casserole dish with a tight fitting lid that can go on the hob.*

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Heat the oil in a large casserole dish (that has a tight fitting lid) over a medium heat. Add the chopped onion, carrots, celery and mushrooms. Cook over a gentle heat for 10 minutes until softened.
- 3 Add the garlic and cook for a further 2 minutes. Add the rice and lentils and coat them well with the oil.
- 4 Add the tinned tomatoes, sugar, vinegar, and water mixed with bouillon. Stir once (and only once) so that the starch is not released from the rice as this will make it stodgy.
- 5 Sprinkle over the oregano, Maldon sea salt and freshly ground black pepper.
- 6 Finally add the sausage in a layer on top. Bring to a gentle simmer on the hob.
- 7 Pop in the oven and cook uncovered for 30 minutes. After 30 minutes, remove from the oven and pour over the water mixed with soy sauce and Worcestershire sauce.
- 8 Cover with the tight fitting lid and place back in the oven for a further 10 minutes.
- 9 Enjoy on it's own or with wilted spinach and broccoli.

*"Sometimes, at home, we all just need a boost of comfort and goodness. And so I created this all-in-one casserole for times like these. Sausages are the comfort, and the lentil, rice, and vegetables make up the goodness. It's definitely not dinner party food, (there's a time and a place for that too), but this sure is one that feeds the soul. If you can, buy butchers sausages"*