



JERNEJ KITCHEN

LENTIL SALAD WITH SAUSAGES

Lentil Salad with Sausages is an excellent midweek family meal that's great for picnics. This simple recipe is beginner-friendly and easy to make.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	40	MINUTES
BAKE:	25	MINUTES
TOTAL TIME:	1	HOUR 15 MINUTES

LENTIL SALAD WITH SAUSAGES

- 400 g (14 oz) green lentils
- 450 g (1 pound) barbecue sausages
- 1/2 yellow bell pepper
- 1/2 red bell pepper
- 1 zucchini
- 200 g (7 oz) cherry tomatoes
- 1 onion
- 1 tsp olive oil, for sausages
- 80 ml (1/3 cup) olive oil, for dressing
- 1 tbsp white wine vinegar
- 2 garlic cloves
- 4 tbsp chopped parsley
- 1 tsp dijon mustard
- 2 tbsp lemon juice, to squeeze
- 2 small cucumbers

TOOLS AND EQUIPEMENT

- sieve
- saucepan
- grill pan

COOK THE LENTILS

Add the lentils to a sieve and rinse under running water. Place in a saucepan, cover with water, and cook on medium heat for 30 minutes. When the lentils are cooked, drain them and set aside to cool.

BAKE THE SAUSAGES

Place an oven-safe grill pan over high heat. Add the sausages and pan-fry them for about 5 minutes while turning them regularly to roast evenly. Place a rack in the middle of the fan-assisted oven and preheat the oven to 200 °C / 190 °F.

ADD THE VEGETABLES AND BAKE

Cut the bell peppers, zucchini, and onion into large pieces. Add to the sausages. Add in the whole cherry tomatoes. Drizzle with oil and stir to combine. Cook for a minute, then transfer to the preheated oven. Bake for 25 - 30 minutes at 200 °C / 190 °F.

DRESSING

In a bowl, stir to combine olive oil and vinegar, and season with salt and pepper. Add the chopped parsley, dijon mustard, and lemon juice. Stir to combine and set aside until needed.

SERVE

Add the lentils to a large baking dish. Add the baked vegetables and chopped cucumber. Pour the salad with the dressing and toss to combine. Arrange the roasted sausages on top and serve. Optionally sprinkle with sunflower seeds for