

SERVES 4 **TAKES** 25 minutes

Hearty Cabbage, Sausage and Lentil Stew

A wholesome no-nonsense one-pan stew that is deeply nourishing and great family fare – the vegan sausages add a lovely bite that complements the earthy notes from the cabbage and lentils.

10 INGREDIENTS

1. 2 red onions
2. 3 cloves of garlic
3. 2 x 400g tins of cooked lentils
4. 4 vegan sausages
5. 250–300g Savoy or York cabbage
6. 2 x 400g tins of chopped tomatoes
7. 50g tomato purée
8. ½ tsp smoked paprika
9. 2½ tbsp tamari or soy sauce
10. 1 decent bunch of fresh coriander or fresh herb of choice

Peel and finely chop the onions and the garlic. Drain and rinse the lentils. Chop the sausages into bite-size pieces. Chop the cabbage, removing the tough centre stalks and finely slicing the leaves into strips. Finely chop the stalks as well – they will break down once cooked.

Heat 1 tablespoon of oil in a wide-bottomed non-stick pan on a medium heat. Once hot, add the onions and the sausages and cook for about 7 minutes, stirring regularly.

Once the sausages have started to brown and the onions are softening, add the cabbage and a pinch of salt and cook for a further 5 minutes, stirring regularly. Then add the garlic and cook for a further minute or two.

Add all the remaining ingredients (except the coriander) along with 1 teaspoon of salt and ½ teaspoon of black pepper and bring to the boil, then reduce to a gentle simmer for 5 minutes. Taste and season with 1 teaspoon of salt and ½ teaspoon of black pepper, or more if you think it needs it.

Finely chop the coriander or herb of choice, including the stalks. Divide the stew between four bowls, and sprinkle the chopped herbs over the top.



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