



## Country style chicken sausages with lentil and vegetable ragout

### Shopping list:

- 500grams chicken thigh mince
- 1 sleeve country style sausage skins, large
- 2 whole eggs
- 1 carrot, finely diced
- 1 brown onion, finely diced
- 1 zucchini, finely diced
- 1 red capsicum, finely diced
- 1 eggplant, finely diced
- 2 cloves crushed fresh garlic
- 1 piece, finely chopped fresh ginger
- 1 cup French lentils
- 500ml chicken stock
- 300ml tomato passata
- ½ bunch chopped fresh thyme
- ½ bunch chopped continental parsley
- ½ bunch chopped fresh sage
- Sea salt and cracked black pepper

### Method:

1. In a very hot fry pan sautee the diced vegetables until they are softened together with the crushed garlic and ginger. Take off and let cool. Divide this into half.
2. Mix half the vegetables together with the chicken thigh mince, ½ the chopped herbs, sea salt & cracked black pepper.
3. Pipe this mixture into the sausage skins, tying off every 5cm or so, depending on what size you want your sausages. Refrigerate them overnight if possible.
4. In a pot with a little vegetable oil, fry the French lentils for 2 minutes, then add the diced vegetables, then slowly add the stock and the passata a ladle at a time cooking out all the liquid each time before adding any more.
5. Check the lentils and when they are just starting to soften add the chopped herbs, sea salt and cracked black pepper.
6. In a warm to hot frypan cook off the sausages until browned and cooked through. Serve on top of the lentils. Enjoy with crusty bread.

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