

Lentils and Chorizo Sausages

2 cups Mount Zero French Green Lentils
4 cups chicken stock or water
2 cloves garlic, peeled
2 bay leaves
sea salt
coarsely ground black pepper
1 tbsp Mount Zero Extra Virgin Olive Oil
250g chorizo (see note)
½ cup finely diced white onion
½ cup finely diced carrot
½ cup finely diced celery
3 fresh ripe plum tomatoes (or large can tomatoes)
2 tbsp chopped flat-leafed parsley, to garnish

Bring the lentils to the boil in the chicken stock along with the garlic and bay leaves. Simmer until the lentils are just becoming soft, about 20 minutes. Do not overcook. Season with pepper and salt to taste.

Meanwhile, heat the olive oil in a medium sized pan and lightly brown the chorizo, onions, carrots and celery over medium heat. Add the tomatoes and simmer until the liquid is partially evaporated and the flavours have blended.

Stir the tomato mixture into the lentils, season if needed with more salt and pepper, and simmer another 10-15 minutes, until the carrots are tender.

Remove the bay leaves before serving. Garnish with the parsley.

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