



**LOW CARB**

**NO ADDED GLUTEN**

## Pan-Seared Italian Sausages

with Warm Lentil & Parmesan Salad



30-40min



2 Servings

Dijon mustard perks up the lentil salad here, creating a tangy dressing. This prepared condiment, made from finely ground brown mustard seeds mixed with salt, spices, originates from Dijon, the capital of Burgundy, France—a region famous for their stellar wines, so it's only fitting that their namesake mustard would include a touch of dry white wine.



## What we send

- plum tomatoes
- hot Italian sausage links
- French lentils
- yellow onion
- Parmesan <sup>7</sup>
- fresh basil
- garlic
- Dijon mustard <sup>17</sup>
- fresh parsley

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

- box grater
- skillet
- saucepan

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1110kcal, Fat 83g, Carbs 40g, Proteins 47g



### 1. Prep ingredients

Peel and finely chop **½ cup onion**. Peel and finely chop **1 teaspoon garlic**. Pick **basil** and **parsley leaves** from stems, discarding stems, keeping the two herbs separate. Coarsely grate **Parmesan** on the large holes of a box grater.



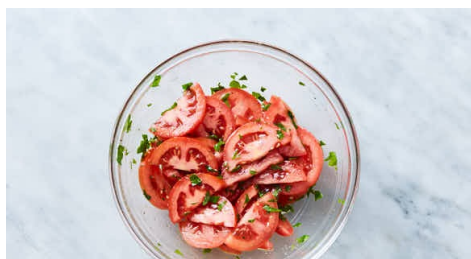
### 2. Cook lentils

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **onions** and **garlic**; cook until fragrant and slightly softened, 1-2 minutes. Add **lentils**, **1¼ cups water**, **1 teaspoon salt**, and **a few grinds pepper**. Bring to a boil, then reduce heat to low. Cover and cook until lentils are tender and water is mostly absorbed, about 25 minutes.



### 3. Make dressing

Meanwhile, in a medium bowl, whisk together **Dijon**, **1 tablespoon vinegar**, **2 tablespoons oil**, **¼ teaspoon salt**, and **a few grinds pepper**. Finely chop **basil**. To the bowl with dressing, add **lentils** and chopped basil; stir to combine. Set aside until step 6.



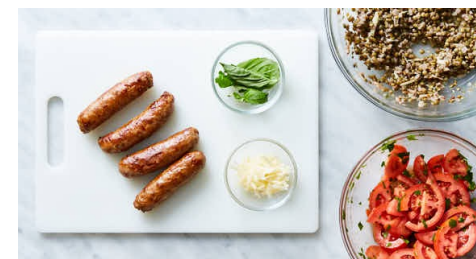
### 4. Make tomato salad

Halve **tomatoes** lengthwise, then cut crosswise into ¼-inch thick half moons. Coarsely chop **parsley**. In a medium bowl, toss tomatoes with chopped parsley, **2 teaspoons vinegar**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**. Set aside until ready to serve.



### 5. Cook sausage

Pierce **sausages** a few times with a fork or the tip of a paring knife. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add sausages and cook, turning occasionally, until browned all over and cooked through, 8-10 minutes.



### 6. Finish & serve

Slice **sausages** on an angle. Stir **half of the Parmesan** into bowl with **lentil salad**. Serve **lentil salad** topped with **remaining Parmesan** alongside **sausages** and **tomato salad**. Enjoy!