



## Chicken-Gruyere Sausages

with Spinach-Lentil Salad



20-30min



2 Servings

Who says pork gets to have all the sausage fun? Not us! We love a good chicken sausage, especially when it's combined with spinach and cheese—more specifically, Gruyere! We paired the flavorful sausages with a lentil-spinach salad dressed with a Dijon-shallot vinaigrette—the whole thing is equal parts nutritious and delicious! Cook, relax, and enjoy!



## What we send

- French green lentils
- fresh parsley
- carrots
- shallot
- whole grain mustard <sup>17</sup>
- baby spinach

## What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- red wine vinegar

## Tools

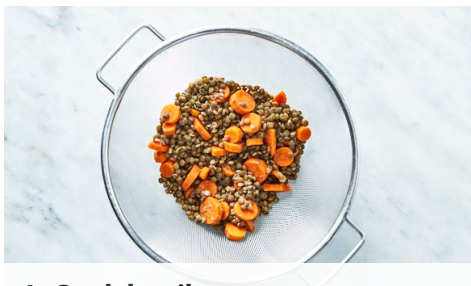
- fine-mesh sieve
- large saucepan
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 658kcal, Fat 40g, Carbs 32g, Proteins 36g



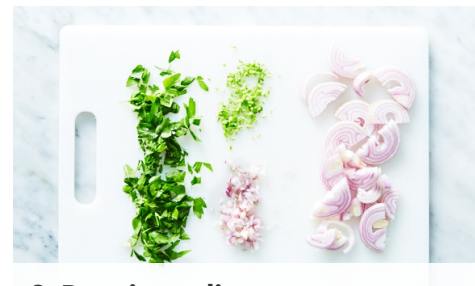
### 1. Cook lentils

In a large saucepan, bring **lentils, 10 cups water**, and **1 teaspoon salt** to a boil, covered, over high heat. With lid ajar, reduce heat to medium-high, cook until tender, about 20 minutes. As lentils cook, trim ends from **carrots**, peel, and thinly slice crosswise. Once lentils are tender, add carrots, cook, partially covered, until tender, 4-5 minutes. Drain.



### 4. Brown sausages

Heat **1 tablespoon oil** in medium skillet over medium-high. Add **sausages** and cook, turning occasionally, until beginning to brown, about 3 minutes.



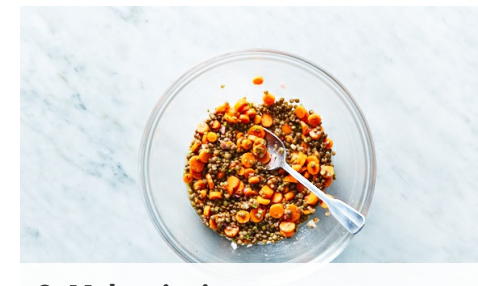
### 2. Prep ingredients

Meanwhile, trim ends from **shallot**, then halve, peel, and thinly slice crosswise about ¼-inch thick. Finely chop **2 tablespoons of the shallots**; reserve for step 3. Pick **parsley leaves** from **stems**; finely chop stems, coarsely chop leaves, keeping them separate.



### 5. Add shallots

Add **sliced shallots, 1 teaspoon oil**, and **a pinch of salt** to same skillet. Reduce heat to medium. Cook, stirring occasionally, until **sausages** are heated through and browned, and shallots are beginning to caramelize, 4-6 minutes. Transfer to plates.



### 3. Make vinaigrette

In a large bowl, combine **finely chopped shallots, parsley stems, mustard**, and **1 tablespoon vinegar**. Whisk in **3 tablespoons oil**, then season to taste with **salt and pepper**. Transfer drained **lentils** and **carrots** to the bowl; toss gently to combine.



### 6. Finish & serve

Add **spinach** and **parsley leaves** to **lentil salad**; stir to combine and season to taste with **salt** and **pepper**. Serve **sausages** and **shallots** on top of **lentil salad** alongside. Enjoy!