



Chicken-Gruyere Sausages

with Spinach-Lentil Salad



30-40min



4 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

- carrots
- whole grain mustard ¹⁷
- French green lentils
- shallot
- baby spinach
- fresh parsley

What you need

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

Tools

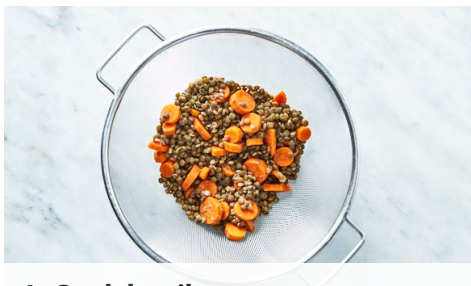
- fine-mesh sieve
- large saucepan
- medium skillet

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 33g, Carbs 31g, Proteins 23g



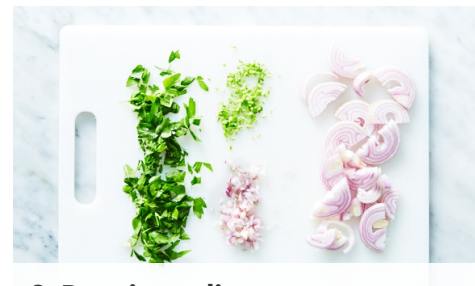
1. Cook lentils

In a large saucepan, bring **lentils**, **3 quarts water**, and **1½ teaspoons 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, 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 a medium skillet over medium-high. Add **sausages** and cook, turning occasionally, until beginning to brown, about 3 minutes.



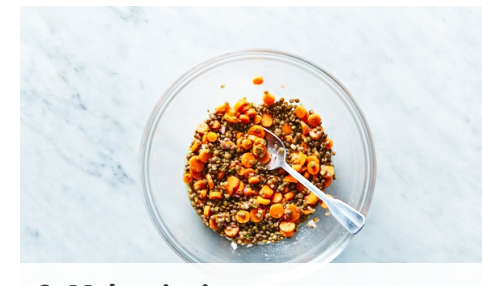
2. Prep ingredients

Meanwhile, trim ends from **shallots**, then halve, peel and thinly slice crosswise about ¼-inch thick. Finely chop **¼ cup 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**, **2 teaspoons oil**, and **a pinch of salt** to same skillet. Reduce heat to medium. Cook, stirring occasionally, until **sausages** are browned and shallots are beginning to caramelize, 5-8 minutes. Transfer to plates.



3. Make vinaigrette

In a large bowl, combine **finely chopped shallots**, **parsley stems**, **mustard**, and **2 tablespoons vinegar**. Whisk in **⅓ cup 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**. Slice **sausages**. Serve **sausage** and **shallots** on top of **lentil salad**. Enjoy!