Sausage & Lentil Casserole
Serves 4

2 tbsp olive oil  
1 onion, chopped  
2 garlic cloves, crushed  
4 carrots, chopped  
1 tsp smoked paprika  
1 x 400g tin chopped tomatoes  
1 x 400g tin green lentils  
4 large potatoes, quartered  
400ml (1 2/3 cups) vegetable stock  
1-2 bay leaves  
80g (½ cup) farro wheat  
8 vegan sausages  
Chopped parsley, to garnish

1 Heat a little of the oil in a casserole dish or large pan. Add the onion and soften for a few minutes, then add the garlic and carrots and sprinkle with the paprika. After 5 minutes of cooking add the tomatoes, lentils and their juice, potatoes and stock and stir to combine. Pop in the bay leaves and simmer for 10 minutes.

2 Remove the bay leaves and stir in the farro wheat, then place the sausages on top and simmer for another 15 minutes until warmed through.

3 Serve piping hot, scattered with chopped parsley.

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