

Merguez Lamb Sausages

with French Lentils, Mint & Feta

Merguez sausage, made with lamb and warming spices, is an incredibly delicious North African ingredient. (Its name comes from the Berber word for sausage, “mirkāz.”) As its popularity spread, merguez sausage entered the cuisines of the Middle East and France. Here, we’re pairing it with elegant French lentils, flavored with aromatics and red wine vinegar. And for a gourmet finish, we’re garnishing the dish with cooling mint and crumbly feta.



Ingredients

2 Merguez Lamb Sausages

⅓ Cup French Green Lentils

3 Cloves Garlic

2 Carrots

1 Red Onion

1 Bunch Mint

Knick Knacks

2 Tablespoons Red Wine Vinegar

¼ Cup Crumbled Feta Cheese

Makes 2 Servings

About 540 Calories Per Serving

Prep Time: 5 min | Cook Time: 25 to 35 min



1



Cook the lentils:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **lentils**. Cook, stirring occasionally, 24 to 26 minutes, or until slightly tender. Turn off the heat. Drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the lentils cook, wash and dry the fresh produce. Peel and mince the garlic. Peel and small dice the carrots. Peel and small dice the onion. Pick the mint leaves off the stems; discard the stems.

3



Cook the aromatics:

While the lentils continue to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots, onion and garlic**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until softened and fragrant. Transfer to a bowl. Wipe out the pan.

4



Cook the sausages:

Heat the pan used to cook the aromatics on medium-high until hot. Add the **sausages** and cook, turning occasionally, 5 to 7 minutes, or until browned and cooked through. Transfer to a cutting board.

5



Finish the lentils:

To the pot of cooked lentils, add the **cooked aromatics** and **vinegar**; stir to combine and season with salt and pepper to taste.

6



Plate your dish:

Slice the **cooked sausages** in half on an angle. Divide the **finished lentils** between 2 dishes. Top with the **sliced sausages**. Garnish with the **feta cheese** and **mint** (finely chopping just before adding). Enjoy!