



serves  
4

prep time  
15/20mins

cook time  
45/50mins

ingredients  
12

difficulty  
easy

# BEEF SAUSAGES

w/ tangy mustard lentils, roasted beetroot & onion

## INGREDIENTS:

- 750g (3 large) raw beetroot, cut into wedges
- 500g (3 large) red onions, cut into wedges
- 3 garlic cloves, lightly squashed
- 1 tsp dried oregano
- salt & pepper to season
- 12 thin beef sausages
- 2 cans lentils, drained
- rinsed watercress to serve

## TANGY MUSTARD DRESSING

- 2 tbsp Dijon mustard
- 2 tbsp Australian mustard
- juice of 2 lemons (approx. 4 tbsp)
- 4 tbsp extra virgin olive oil
- 1/2 tsp honey
- salt & pepper to season

**Please note: There will be more than enough sausages for everyone. Keep a couple of cooked ones aside for left overs for lunch the next day!**

## METHOD:

Place beetroots, onions, garlic & dried oregano in a roasting dish. Season with salt & pepper. Roast for 45-50 mins or until the beetroot is tender & the onion is caramelised & charred.

Heat the barbecue grill & cook the sausages until cooked.

Meanwhile, to make the dressing, whisk together all the ingredients & season with salt & pepper.

To assemble, toss a little dressing through the lentils, beetroot & onion. Place onto a serving platter & top with the sausages & drizzle with some of the extra mustard dressing. Scatter watercress over the top.