## Sausage, kale and barley stew

## Serves 4 - 1P 1HO

## **1tbsp Olive Oil**

## **8 sausages**

## **2 red or white onions, sliced**

## **2 carrots, peeled and diced**

## **240g pearl barley, rinsed with cold water**

## **2 sprigs rosemary, leaves finely chopped**

## **1 litre chicken or veg stock**

## **Salt and black pepper**

## **300g kale, leaves stripped from the stalks and roughly chopped**

1. Heat Grill and cook sausages for 10-12 minutes, turning now and then, until nicely browned all over. Transfer the sausages to a plate and set aside.
2. Heat oil in a large pan.
3. Gently fry the onion and carrot for 5-6 minutes, stirring occasionally, until softened.
4. Add the barley, stir for a minute, and add the rosemary and stock. Season well with salt and black pepper.
5. Simmer for 10 minutes, and then return the sausages to the pan. Simmer for another 20 minutes.
6. Add the chopped kale and simmer for another 5-10 minutes, until wilted. Check the seasoning before serving.