**Kale & Sausage Stew**

Serves 4

* olive oil
* 1 onion
* 2 cloves of garlic
* 1 lemon
* 1 teaspoon fennel seeds
* ½ teaspoon crushed chillies
* 1 fresh bay leaf
* 6 sausages
* 1½ tablespoons plain flour
* 1 x 400 g tin chopped tomatoes
* 500 ml organic vegetable stock
* 1 large handful of kale
1. Peel and slice the onion, then add to a pan with 1 tablespoon of oil. Fry for 5 to 7 minutes, or until softened.
2. Peel, finely slice and add the garlic, then peel 3 strips of zest from the lemon. Add to the pan along with the spices and bay leaf. Cook for 1 to 2 minutes.
3. Chop the sausages and toss with the flour, then add to the pan and cook until browned all over.
4. Pour in the tomatoes and stock, and bring to a simmer. Let it bubble away for 20 minutes, chop and add the kale and cook for 5 minutes then serve.