

Sausage, walnut and beetroot hash

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Chef Sarah Wilson shares some of her favourite mid-week recipes.

Ingredients (serves 2)

- 4 good-quality sausages (I like an organic [pork](#) sausage with fennel seeds)
- 2 small par-cooked and frozen beetroot, cut into 2 cm cubes, or wedges
- Red onion or a few green shallots
- ½ bunch [kale](#) leaves, de-veined and finely chopped
- A good splash apple cider vinegar
- ½ cup walnuts, preferably activated
- Yoghurt and olive oil, to serve
- Finely chopped preserved lemon, optional, to serve

METHOD

Cook the sausages in a frying pan until almost done. Remove and chop into two cm chunks, then set aside. Add the beetroot, onion and kale to the pan and sauté. Add a little vinegar and stir, scraping any cooked bits from the bottom of the pan.

Cook for three to five minutes until the kale is soft. Return the sausage to the pan and add the

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walnuts. Serve with yoghurt and a little oil drizzled over, or combine some preserved lemon, oil and yoghurt and spoon on top.

You'll notice that I don't provide precise quantities for this recipe. I use a handful of this or that, or whatever I've got. I suggest you do the same! It's a great opportunity to play and get a little bit loose. You have permission!

If you don't have kale you can use beetroot leaves instead.

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