

Jamie Oliver's Crispy sausage and potato salad

TOTAL TIME 30 MIN | SERVES 6

2.2 lb (1 kg) baby potatoes,
larger ones halved

Olive oil, splash

6 Certified Humane®
spicy sausages

Zest and juice of 1 lemon

1 tablespoon mustard

Salt for seasoning

Pepper for seasoning

Extra virgin olive oil

A large bunch of fresh flat leaf
parsley, leaves picked

A bunch of spring onions,
trimmed and finely sliced

1/2 a bulb of fennel

Approx. 2 oz (70 g) arugula

1. Cook the potatoes in a pan of salted boiling water for 12 to 15 minutes, or until cooked through. Meanwhile, put a large frying pan on a medium heat and add a splash of olive oil. Cut the sausages into small chunks or slices, then fry for around 8 minutes, or until golden and cooked through.

2. In a large bowl, mix the lemon zest and most of the juice with twice as much extra virgin olive oil, the mustard and a pinch of salt and pepper. Roughly chop and add the parsley leaves, along with the spring onions.

3. Drain the potatoes, leave to steam dry for a couple of minutes, then tip into the bowl of dressing and toss to coat. Leave for 5 minutes. In another bowl, use a vegetable-peeler to shave the fennel into lovely thin slices, then toss with the arugula and remaining lemon juice.

4. When you're ready to serve, toss the crispy sausage through the potatoes, then top with the fennel rocket salad. Delicious!

PER SERVING (1/6 of the recipe): **360** calories, **15 g** protein, **19 g** total fat, **5 g** saturated fat, **34 g** carbs, **4 g** fibre, **1000 mg** sodium