

# Sausages with Polenta and Kale



## Ingredients

Serves 4–6

1 x 500g (1lb 2oz) packet quick-cook polenta  
200g kale stripped from the stem  
Rape seed oil  
8 Italian-style sausages  
2 garlic cloves, peeled and squashed with the back of a knife  
A handful of sage leaves  
1/2 x 400g/14oz tin tomatoes, drained and rinsed  
150ml red wine  
30g butter  
2 large handfuls of grated Parmesan or Lincolnshire poacher  
Sea salt and black pepper

## Method

Boil the polenta according to the instructions on the packet. Meanwhile, bring a pan of salted water to the boil and cook the kale until soft. Drain and transfer to a food processor (or alternatively, just use a hand blender).

Blend to a purée, adding a really generous amount of olive oil in a steady stream so that the sauce is good and glossy. Season with sea salt and black pepper, if it needs it. Put to one side for a moment.

While the polenta is cooking, add a splash of oil to a large frying pan and place over a medium heat.

Cut the sausages into thirds and brown in the pan for a couple of minutes. When they have coloured slightly, add the garlic and sage leaves and cook for about 3 minutes until the garlic begins to soften.

Add the tomatoes, season with a little salt and pepper and cook for another minute or so before pouring in the red wine. Bring to the boil, then turn down and leave to bubble happily for 10 minutes or until the polenta is ready.

When the polenta is cooked, stir in the butter, Parmesan and kale purée until the butter is melted and everything is well mixed. Adjust seasoning as necessary.

## Shopping list

Browse our local suppliers to make your shopping list.