

## Vegetarian Lincolnshire Sausage Recipe

These vegetarian Lincolnshire sausages contain lentils and mushrooms instead of meat, but still have all the same tasty herbs and spices that you'll find in the traditional meat sausages.

Traditional Lincolnshire Sausages contain just 6 ingredients, and the vegetarian version only adds a few extra natural ingredients to make them taste amazing!

- 250g coarse breadcrumbs
- 250g ground walnuts (or almonds, depending on preference)
- 100g mushrooms chopped
- 2 tins of cooked green lentils (mashed)
- 2 medium onions chopped
- 2 cloves of garlic chopped
- 2 eggs, beaten
- Bunch of fresh sage
- Salt
- Pepper
- Clingfilm to make 'sausage skins'

### How to make vegetarian Lincolnshire Sausages

1. Gently fry the onions until soft.
2. Add in the chopped garlic and cook for a couple more minutes but be careful it doesn't burn.
3. Turn off the heat and add in the cooked onions and garlic to a clean dry bowl.
4. Let the mixture cool for a few minutes.
5. Then add the chopped mushrooms, lentils, eggs, breadcrumbs, walnuts and seasoning.
6. Mix well.
7. Divide into 12 balls and then shape into sausages.
8. Wrap each sausage in cling film and twist the ends to seal.
9. Steam for 20 minutes.
10. Once cooked, leave to cool and then place in the fridge for 1-2 hours to set.
11. Remove from the fridge and unwrap the clingfilm.
12. Grill or barbecue until you can pop a knife in and feel it hot all the way through.
13. Serve in a hot dog bun with ketchup and mustard - Yum!