



ESTD 2010

FRANK'S
SAUSAGES

Chicken & French Tarragon Summer Salad

SERVES: 2-3

INGREDIENTS

- 6 Frank's Chicken and French Tarragon Sausages
- 1 small red onion, sliced
- 1 T fresh oregano or thyme
- 40 gm pitted olives
- 150 gm cherry tomatoes, halved
- 1 gem lettuce, torn
- 1/2 small cucumber, sliced
- 40 gm feta
- squeeze of lemon juice



DIRECTIONS

1. Put a splash of olive oil in a frying pan and set to a low to medium heat.
2. Add the sausages and onions and cook for 10-12 minutes until the sausages are golden and the onion is cooked through.
3. Add the oregano/thyme, olives and tomatoes. Cook for 2-3 minutes until the tomatoes begin to burst. Turn off heat. Season with freshly ground black pepper and set aside for a few minutes.
4. Scatter the lettuce and cucumber between 2-3 plates. Top each with the sausage and tomato mixture, crumble over the feta, squeeze over a little lemon juice and serve.
5. Serve with fresh crusty bread and butter.

NOTES

Something a bit lighter for those warmer days – full of fresh summer greens that the kids will love. Use a rocket or mesclun mix if you prefer a spicier leafy green in your salad.