



Cheesy polenta with sausage ragout

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 1 garlic clove finely chopped
- ☐ 6 pork sausages
- ☐ 400 g tomatoes chopped canned
- ☐ 200 ml chicken stock see
- ☐ 1 tbsp tomato purée
- ☐ 4 rosemary sprigs chopped

- ☐ 200 g polenta instant (available from larger supermarkets and Holland & Barrett)
- ☐ 100 g cheese smoked grated

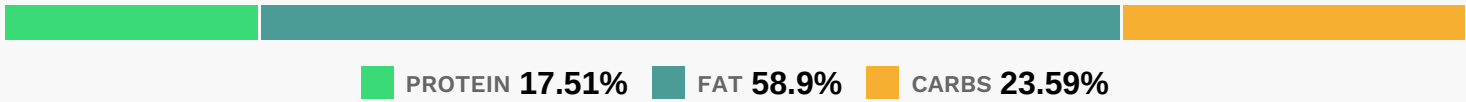
Equipment

- ☐ casserole dish

Directions

- ☐ Heat the oil in a large casserole dish over a medium-high heat and cook the onion and garlic for a few mins. Stir in the sausages, breaking them up into small pieces as you go, and cook for another 8-9 mins. Stir in the chopped tomatoes, stock, pure and most of the rosemary. Bring to a simmer and cook for another 8-10 mins or until the mixture is thickened. Season to taste.
- ☐ Meanwhile, make up the polenta following pack instructions.
- ☐ Remove from the heat and stir in the cheese, with some seasoning. Spoon the polenta onto 4 plates, then top with the ragout and a sprinkling of the remaining rosemary.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:23.096086999644%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 897.95kcal (44.9%), Fat: 58.51g (90.02%), Saturated Fat: 20.49g (128.08%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 49.43g (17.97%), Sugar: 6.97g (7.75%), Cholesterol: 148.56mg (49.52%), Sodium: 1449.02mg (63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.28%), Vitamin B3: 10.7mg (53.52%), Phosphorus: 436.31mg (43.63%), Vitamin B1: 0.65mg (43.12%), Vitamin B6: 0.84mg (41.97%), Zinc: 5.21mg (34.76%), Vitamin B12: 1.71µg (28.43%), Potassium: 916.07mg (26.17%), Vitamin B2: 0.44mg (26.12%), Selenium:

17.57µg (25.1%), Calcium: 238.24mg (23.82%), Iron: 4.02mg (22.33%), Copper: 0.39mg (19.65%), Vitamin B5: 1.82mg (18.17%), Magnesium: 70.09mg (17.52%), Vitamin C: 13.24mg (16.05%), Vitamin E: 2.36mg (15.76%), Vitamin D: 2.35µg (15.69%), Manganese: 0.3mg (15.18%), Vitamin A: 725.29IU (14.51%), Fiber: 3.3g (13.21%), Vitamin K: 9.2µg (8.76%), Folate: 30.98µg (7.74%)