



CHLOË BOWLER  
complete wellbeing

## **SAUSAGE, KALE & BULGHUR WHEAT STIR FRY**



### **Ingredients (serves 2)**

- 1 large onion
- 2 Sausages
- 200g Button Mushrooms
- 500g Kale
- 250ml beef stock
- 100g Bulghur Wheat
- 3 tbsp grainy mustard

### **Instructions**

- Start by cooking the sausages in the oven or grill.
- Add the stock to the bulghur wheat in a large pan, bring to the boil then simmer.
- In a frying pan, add some oil, then chop the mushrooms and stir in, seasoning well.
- Cut the cooked sausages into bitesize chunks and add to the mushrooms.
- Next stir in the kale and mustard.
- When the bulghur wheat is cooked, add to the pan and stir well.
- Season to taste and serve.

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