



Simple Chicken Sausage Salad Bowls

This simple **prep-friendly** meal features tender Italian chicken sausages and hearty sautéed vegetables. We love that this meal can be divided into separate portions and **enjoyed hot or cold**.

Chicken sausage is easy to cook, and is typically **much lower in saturated fats** and sodium than its pork cousin. They also boast **higher protein and fewer calories** - so that's a bonus for your waistline!

Feel free to get creative and use any seasonal vegetables you like, or use this recipe as an opportunity to clear out your fridge of veggies!

SIMPLE CHICKEN SAUSAGE SALAD BOWLS

Serves 2

12 oz (340g) Italian chicken sausages
2 tbsp olive oil, divided
1 cup (70g) mushrooms, sliced
½ red onion, diced
1 zucchini, sliced
1 bunch asparagus (4.5 oz/125g) chopped
¼ tsp chili flakes
Salt and pepper

Directions:

1. Cook the sausages according to instructions on the packaging. Remove from the skillet and set aside to cool.
2. Add half of the olive oil to the same skillet and cook the mushrooms until softened, approximately 5-7 minutes. Remove the mushrooms from the pan and set them aside to cool.
3. Add the remaining olive oil and cook the red onion, zucchini, and asparagus for around 5-7 minutes. Stir through the chili flakes and season with salt and pepper.
4. Divide all the ingredients between 2 meal prep containers.

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Prep	Cook
10m	10m