Chicken sausage with potatoes and sauerkraut

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Sauerkraut combines the health benefits offered by all cruciferous vegetables (a category which includes cauliflowers and brussel sprouts as well as cabbage) with the probiotic advantages derived from the fermentation process. Perfect for warding off colds and flu in winter.

The flavour of this dish will vary depending on what type of chicken sausage you choose. We like the taste of roasted organic garlic sausage in this recipe. And although any type of sauerkraut can be used, we prefer the crisp texture of refrigerated kraut over canned. Serve with roasted carrots and some mustard to spread on the sausage.

Ingredients (serves 4)

- 1 tbsp extra-virgin olive oil
- 350 g cooked organic, [chicken](#) sausage, halved lengthwise and cut into 8cm pieces
- 1 medium onion, thinly sliced
- 3 medium potatoes, halved and cut into 2cm slices
- 1½ cups sauerkraut, rinsed (found in most supermarkets)
- 1½ cups dry white wine
- ½ tsp freshly ground pepper
- ¼ tsp caraway seeds
- 1 bay leaf

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METHOD

Heat oil in a large pan over medium heat. Add sausage and onion and cook, stirring frequently, until beginning to brown, about four minutes.

Add potatoes, sauerkraut, wine, pepper, caraway seeds and bay leaf; bring to a simmer. Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10 to 15 minutes.

Remove the bay leaf before serving.

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