

FOR THE  
LITTLE ONESCOOKED  
CARROTCOOKED  
BROCCOLISAUSAGE &  
MASHED POTATO

# BANGERS & MASH

 30 MINUTES 2 SERVINGS Beef

Beef sausages in a homemade onion gravy served over creamy mashed potatoes.

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## FROM YOUR BOX

MEDIUM POTATOES	3
BEEF CHIPOLATA SAUSAGES	300g
BROWN ONION	1
SLICED MUSHROOM	200g
SEEDED MUSTARD	1 jar
BROCCOLI	1
CARROT	1

## FROM YOUR PANTRY

butter for cooking, salt, pepper, soy sauce, cornflour

## COOKING TOOLS

large frypan, saucepan x 2

Barbecue the sausages and serve with oven roasted wedges if you prefer! You can also cook the broccoli and carrots with the potatoes for a green super mash!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. Boil the Potatoes

Chop potatoes and place in a large saucepan. Cover with water. Bring to a boil and cook for 10-15 minutes or until soft. To drain, see step 5.

**tip** Peel the potatoes before boiling for a smoother mash! Use a fork to check if potatoes are soft.



### 4. Cook the Veggies

Bring a saucepan of water to a boil. Cut broccoli into florets and slice carrot. Add to boiling water and cook for 5 minutes. Drain and place in a serving bowl.



### 2. Cook the Sausages & Onion

Heat a large frypan with **1 tbsp butter** over high heat. Add sausages and cook until golden. Peel and slice onion, add to pan and cook for 5 minutes.



### 5. Mash the Potatoes

Reserve **1/2 cup cooking water** before draining the potatoes. Return to saucepan and mash with **2-3 tbsp butter**. Season with **salt and pepper**.

**tip** Replace cooking water with milk for a creamier mash!



### 3. Make the Gravy

Remove sausages and keep pan over medium-high heat. Add mushrooms, mustard and **1 tbsp soy sauce**. Cook for 10 minutes. Combine **2 cups water** and **1 1/2 tbsp cornflour**. Stir into pan and cook for another 5 minutes.



### 6. Finish and Serve

Return the sausages to the pan with gravy and serve at the table with mash and steamed veggies.