



for the
little ones



Sausage &
Mashed Potato



BANGERS & Mash

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



30 Minutes



2 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	30g	57g

FROM YOUR BOX

MEDIUM POTATOES	3
BEEF CHIPOLATA SAUSAGES	300g
BROWN ONION	1
SLICED MUSHROOM	200g
DIJON MUSTARD	1 small 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 potatoes to saucepan and mash with **1-2 tbsp butter and cooking water to taste**. 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**.