B

DINNER TWIST
LOCAL, HEALTHY, DELIVERED

BANGERS & MASH

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

30 MINUTES | 4/6 SERVINGS | Beef

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	29g	47g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
BEEF CHIPOLATA SAUSAGES	600g	600g + 300g
BROWN ONION	1	2
SLICED MUSHROOMS	200g	2 x 200g
DIJON MUSTARD	1 small jar	2 small jars
BROCCOLI	1	2
CARROTS	2	3

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.*

2. Cook the Sausages & Onion

Heat a large frypan with **1-2 tbsp butter** over high heat. Add **sausages** and cook until golden. Peel and slice **onion**, add to pan and cook for 5 minutes.

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.

6P - use 2 tbsp soy sauce. Combine 3 cups water and 2 tbsp cornflour.

4. Cook the Veggies

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

5. Mash the Potatoes

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

tip *Replace cooking water with milk!*

6. Finish and Serve

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