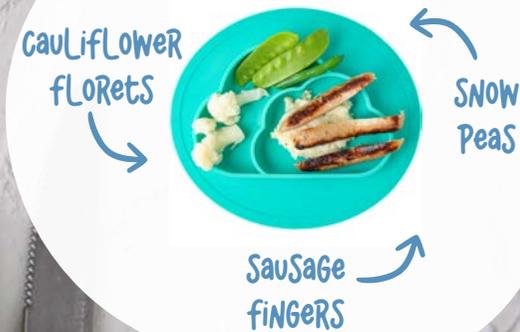




FOR the
Little ONES



Sausage with Creamy Veg Mash

Juicy pork sausages with creamy potato and cauliflower mash, herby butter and green veggies.

30 Minutes

PORK

2 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	24g	21g

FROM YOUR BOX

MEDIUM POTATOES	2
CAULIFLOWER	1/2
PORK SAUSAGES	300g
GARLIC CLOVE	1
PARSLEY	1 packet
GREEN BEANS	150g
SNOW PEAS	150g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

COOKING TOOLS

saucepan x 2, frypan

You can roast the sausages and veggies for an easy one-tray dinner! Serve with herby garlic butter and greens.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. Boil Potatoes & Cauliflower

Chop **potatoes** and **cauliflower** into similar-sized pieces. Place in a saucepan and cover with water. Bring to the boil and cook for roughly 15 minutes or until very soft. Drain well and return to pan (see step 5).

tip Serve the cauliflower on the side if preferred!



4. Cook the Greens

Trim **green beans** and halve the **snow peas**. Bring a saucepan of water to the boil, add the **greens** and cook for 2-4 minutes or until just tender. Drain.

tip Start with the green beans and add the snow peas towards the end to keep them crunchy!



2. Cook the Sausages

Meanwhile, heat a frypan with **oil** over medium-high heat. Add the **sausages** and cook, turning, for 10 minutes or until golden and cooked through. Remove from the pan and set aside, see step 3.

tip BBQ the sausages if preferred!



5. Finish the Mash

Mash **vegetables** with **20g butter** and a splash of **milk or water** until smooth and creamy. Season well with **salt** and **pepper** to taste.



3. Make the Butter Sauce

Reduce heat to low. Add **30g butter** and **crushed garlic** to the same pan and cook for 1-2 minutes. Finely chop and add **parsley**, turn off the heat.

tip If you don't want to use butter, you can use olive oil instead.



6. Finish and Serve

Spoon creamy **veg mash** onto plates, top with **sausages** and drizzle with **herby butter sauce**. Serve with the **mixed greens** on the side.