



Product Spotlight: Kransky Sausage

This Kransky sausage is made in Margaret River using local ingredients like pork, garlic, honey and spices.



Winter Sausage Stew

with Potato Mash

A goulash-style stew with smoked Kransky sausage from The Farmhouse, mushrooms and capsicum with comforting rosemary and mustard flavours, served on creamy mashed potatoes.



30 minutes



2 servings



Pork

Change the flavour!

Add some smoked paprika or curry powder to the stew for added background flavour. Garnish the stew with fresh chives or chopped parsley if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	25g	69g

FROM YOUR BOX

MEDIUM POTATOES	3
BROWN ONION	1
RED CAPSICUM	1
CARROT	1
BUTTON MUSHROOMS	150g
PORK KRANSKY SAUSAGE	200g
ROSEMARY SPRIG	1
SEEDED MUSTARD	1 jar
CHOPPED TOMATOES	400g

FROM YOUR PANTRY

olive oil, butter, salt, pepper, plain flour, dried oregano, soy sauce

KEY UTENSILS

kettle, large saucepan, frypan with lid

NOTES

For a creamier mash, you can use milk instead of water in step 5.

For a fun, family-friendly alternative, you can make sausage skewers with the onion, capsicum, mushrooms and sausages sliced into rounds.



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1. BOIL THE POTATOES

Boil the kettle.

Dice potatoes (peel if preferred). Place in a large saucepan and cover with hot water from kettle. Simmer for 10-12 minutes until tender (see step 5).



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice onion and capsicum. Thinly slice carrot into crescents. Add to pan as you go and cook for 5 minutes.



3. ADD SAUSAGE AND HERBS

Quarter mushrooms and slice sausage. Add to pan. Chop and add rosemary leaves along with **1 tsp oregano**. Cook for 2-3 minutes until browned.



4. SIMMER THE STEW

Stir in **1 tbsp mustard**, **1 tbsp soy sauce** and **1 tbsp flour**. Pour in chopped tomatoes and **1 tin (400ml) water**. Cover and simmer for 15 minutes until vegetables are tender.



5. MASH THE POTATOES

Reserve **1/2 cup cooking water** before draining potatoes. Return to pan, mash with **1 tbsp butter** and reserved cooking water until smooth (see notes). Season with **salt and pepper**.



6. FINISH AND SERVE

Season stew with **salt and pepper** to taste. Divide mashed potato among shallow bowls. Serve with sausage stew.

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