



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	29g	58g

FROM YOUR BOX

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

FROM YOUR PANTRY

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

KEY UTENSILS

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

Dice **potatoes** (peel if preferred). Place in a large saucepan and cover with water. Bring to a boil and simmer for 15 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.



4. SIMMER THE STEW

Stir in **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

Before draining, reserve **1/2 cup cooking water**. Return **potatoes** to the pan and mash with **1-2 tbsp butter**, adding just enough **reserved cooking water** to reach your desired mash consistency. 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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