



### 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



4 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** 20g **TOTAL FAT** 13g **CARBOHYDRATES** 59g

## FROM YOUR BOX

MEDIUM POTATOES	1kg
BROWN ONION	1
RED CAPSICUM	1
CARROT	2
BUTTON MUSHROOMS	300g
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.



Scan the QR code to submit a Google review!



### 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 carrots 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 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.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

