



Pork Sausages

with Caramelised Onion and Mash

Savoury pork cumberland sausages served alongside mashed sweet potatoes and caramelised onions. A crisp mesclun salad adds a fresh touch to this hearty and satisfying dish.



30 minutes



2 servings



Pork

FROM YOUR BOX

SWEET POTATOES	600g
BROWN ONION	1
PORK SAUSAGES	300g
MESCLUN LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, butter, balsamic vinegar

NOTES

You can serve the sausages in hot dog buns instead! Use the sweet potatoes to make chips or wedges on the side.

1. MAKE THE MASHED POTATOES

Dice **sweet potatoes**. Place in a saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft. Drain and mash until smooth. Season with **salt and pepper**.

TIP *Peel the sweet potatoes if preferred. For a smoother finish, use a stick mixer to blend the cooked sweet potatoes.*

2. CARAMELISE THE ONIONS

Heat a frypan over medium-high heat. Slice **onion** and add to pan as you go along with **1/2 tbsp oil** and **1 tbsp butter**. Cook for 10–12 minutes until caramelised. Stir in **1/2 tbsp vinegar** and season with **salt and pepper** to taste. Set aside.

TIP *Stir in 1 tsp seeded or dijon mustard for added depth of flavour. To make a gravy, stir in 1 tbsp flour and 1 cup water. Simmer until thickened and season with soy sauce to taste.*

3. COOK THE SAUSAGES

Heat a frypan or BBQ over medium-high heat. Coat **sausages** with **oil** and cook for 10–12 minutes turning or until cooked through.

TIP *You can also cook the sausages in the oven if preferred.*

4. FINISH AND SERVE

Whisk together **2 tsp vinegar** and **2 tsp olive oil**. Toss with **mesclun leaves**. Divide sweet potato, sausages and caramelised onion among plates. Garnish with mesclun leaves.

This recipe has simplified instructions to help lower your meal cost.