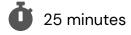






# Bangers & Mash

Classic comfort food with grass-finished beef sausages roasted in the oven with carrots, Brussels sprouts and apples. Served with a creamy mash and mustard gravy.





4 servings



# Make it Fresh!

Don't feel like cooked veggies? You can finely slice the Brussels sprouts, cut the apple and carrots into matchsticks and toss all together with a creamy dressing to make a coleslaw.

#### FROM YOUR BOX

DUTCH CARROTS	1 bunch
BRUSSELS SPROUTS	1 bag (300g)
RED APPLES	2
BEEF SAUSAGES 🍄	600g
DICED POTATO & PARSNIP	1 bag (800g)
LEEK	1
SEEDED MUSTARD	1 jar
VEGGIE SAUSAGES	2 packets

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, flour (of choice), soy sauce

#### **KEY UTENSILS**

frypan, saucepan, kettle, oven tray

#### **NOTES**

Cook sausages on the barbecue (weather permitting!) or in the frypan with gravy of you prefer.

No beef option - beef sausages are replaced with chicken sausages.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



#### 1. ROAST THE VEGETABLES

Set oven to 220°C and boil the kettle.

Trim dutch carrots, quarter Brussels sprouts and wedge apples. Arrange on a lined oven tray with sausages. Drizzle with oil and season with salt and pepper. Roast for 15–20 minutes, until cooked through.

VEG OPTION - Prepare and roast vegetables as above. Coat veggie sausages with oil and bake on a second lined oven tray for 10 minutes.



# 4. MAKE THE MASH

Meanwhile, drain potatoes and parsnips. Return to saucepan and mash with **2 tbsp butter** to desired consistency. Season with **salt and pepper** to taste.



# 2. BOIL POTATOES & PARSNIPS

Place potato and parsnip mix in a saucepan and cover with hot water from the kettle. Simmer for 10 minutes or until tender. See step 4.



# 3. SAUTÉ THE LEEK

Heat a large frypan with **2 tbsp oil** over medium-high heat. Slice leek, add to pan and cook for 10 minutes (see step 5).



# 5. FINISH THE GRAVY

Stir mustard, 1 tbsp flour and 1 tbsp soy sauce into cooked leek. Add 1 1/2 cups water and simmer for 5 minutes until thickened. Season with pepper.



### 6. FINISH AND SERVE

Serve sausages with mash, gravy and roasted vegetables.

VEG OPTION - Serve veggie sausages with mash, gravy and roasted vegetables.

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



