

MASH DIRECT

Cooked fresh on our Farm

PORK AND APPLE SAUSAGES WITH CARROT & PARSNIP AND POTATO MASH

Use a Non-Stick frying pan

Serves: 4

Cooking Time: 15 to 20 mins approx

Ingredients:

- 8 Lean Pork and Apple Sausages from your favourite butcher
- 1 packet (400g) of Mash Direct Mashed Potato
- 1 packet (400g) of Mash Direct Carrot & Parsnip
- ½ Pint (300ml) Light Beer
- 2tbsps (10ml) of Sugar
- 1– 2tbsp (15-30ml) Instant Gravy granules



Method:

In a non-stick frying pan, dry fry the sausages for 8-10 minutes or until browned (or bake in the oven 200C for approx. 40 minutes). Meanwhile Heat the Mash Direct Mashed Potato and Carrot & Parsnip- remove the sleeves, pierce the film lids several times and oven cook for 20 minutes approx. or microwave for 3 minutes approx. (microwave cooking times may vary, especially if you are preparing more than one packet at the same time). When the sausages are cooked remove them from, carefully add the ½ pint (300ml) of light beer to the hot pan and simmer for 2-3 minutes. Add the gravy granules and allow to thicken.

Serving Suggestion:

Mix together the Mash Direct Mashed Potato and Carrot & Parsnip so that they combine to form a mixed vegetable mash medley . Put the Sausages on the top of each portion and then pour over the beer gravy.