



## **PORK AND TOMATO SAUSAGES WITH MUSTARD BUBBLE & SQUEAK AND ROASTED TOMATOES**

Temperature: Gas Mark 6, 200C, 400F

Serves: 4

Cooking Time: 20 mins approx

### **Ingredients:**

- 8 Lean Pork and Tomato Sausages from your favourite butcher
- 1 or 2 packets (400- 800g) of Mash Direct Colcannon
- 1 bunch of tomatoes on the Vine
- 1tbsp (15ml) Olive Oil
- 1tbsp (15ml) of Wholegrain Mustard
- A sprig of Fresh Rosemary



### **Method:**

Place the sausages in a preheated oven on a roasting tin and cook for 15-20 minutes or until golden brown and cooked through. Add the vine tomatoes, halved, to the roasting tin along with the fresh Rosemary and roast along side the sausages for the last 8-10 minutes. Meanwhile heat the Olive Oil in a large non-stick frying pan. Mix the Mash Direct Colcannon with a splash of milk, a knob of butter and the mustard. Press the mixture down to form a large cake in the pan. Cook for about 10 minutes until lightly golden on both sides. Alternatively, shape the potato into individual patties.

### **Serving Suggestion:**

Serve the Sausages with the Bubble and Squeak cut into wedges with the roasted tomatoes on the side.