



SAUSAGES & COLCANNON MASH WITH MUSTARD GRAVY

Use a Non-Stick frying pan

Serves: 4

Cooking Time: 15 mins approx

Ingredients:

- 8 Lean Pork Sausages from your favourite butcher
- 2 packets (800g) of Mash Direct Colcannon
- 2tbsp (30ml) Crème Fraiche
- 1tbsp (15ml) of Wholegrain Mustard
- 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 Colcannon - 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 both packets at the same time). Add the Crème Fraiche to the Colcannon and season to taste with salt and pepper. When the sausages are cooked remove them from, carefully add ½ pint (300ml) of boiling water to the hot pan with the gravy granules and mustard. Stir well and heat until it is thickened.

Serving Suggestion:

Serve the Sausages with the Colcannon Mash and fresh peas. Pour the mustard gravy over the dish and add crispy onions. Yorkshire pudding also goes well with this recipe.