



## **BLACK BEAN GLAZED SAUSAGES WITH CHEESE AND ONION MASH**

Temperature: Gas Mark 6, 200°C, 400°F

Serves: 4

Cooking Time: 40 mins approx

### **Ingredients:**

- 800g Mash Direct Cheese and Onion Mash (2 standard size packets)
- 8 Thick Pork sausages
- 1 large onion
- 3tbsp (45ml) Black bean sauce
- 1tbsp (15ml) Soy (soya) sauce
- 1tbsp (15ml) honey
- Gravy



### **Method:**

Chop the Onion into thick wedges and place them on a baking tray with the sausages. Cook for about 30 minutes in the oven. While they are in, mix together the black bean sauce, the soy sauce and the honey. Spoon the mixture over the sausages and let them cook for a further 15 minutes or so. Make Gravy and add any of the Black Bean sauce remaining on the tray

Heat the Mash Direct Cheese and Onion Mash - remove the sleeve, pierce the film lid several times and oven cook for 20 minutes approx. or microwave for 3 minutes approx. (microwave cooking times may vary)

**Serving Suggestion:** place the sausages on top of the mash and pour over the sauce and gravy

Add colour to the meal with Mash Direct Carrot and Parsnip