

LOCKDOWN RECIPES



November 2021



CLASSIC SAUSAGE & MASH

PREPARATION TIME:

15 mins

COOKING TIME:

40 mins

SERVES:

2

INGREDIENTS

12 organic free-range pork chipolatas

500g potatoes , chopped into even-sized chunks

25g butter , plus extra to serve

50ml full-fat milk

2 carrots , sliced

250g broccoli , separated into florets

198g can sweetcorn , drained

A classic family comfort food meal with creamy mash and golden brown sausages.

Fresh seasonal veg like steamed broccoli make this meal 3 of your 5 a day.

METHOD

Heat oven to 200C/180C fan/gas 6. Put the chipolatas on a baking tray and bake in the oven for 35-40 mins or until cooked through and golden.

Put the potatoes in a large pan of water and bring to the boil. Simmer for 20 mins, drain and allow to steam-dry. Push through a potato ricer (if you have one) or mash well with a potato masher.

Put the carrots and broccoli in a steamer set over a pan of simmering water, and steam for 6-8 mins or until just tender. Put the sweetcorn in a small pan with about 3 tbsp water and heat through for 3-5 mins.

Warm the butter and milk in a saucepan until the butter has melted, then pour over the potatoes. Beat well until creamy, then season well. Pile the chipolatas onto the mash and top with a knob of butter so that it melts over everything. Serve with the broccoli, carrots and sweetcorn on the side.