

Bangers, Mash and Onion Gravy

Eat well • waste less • make food last



INGREDIENTS

- 1 kg** potatoes, peeled and cut into 2 cm cubes
- 1 pack** sausages
- 2 tbsp** butter or spread
- 2** onions, sliced
- 4 tbsp** gravy granules
- 280 ml** boiling water
- 200 g** frozen peas or mixed vegetables
- 60 ml** milk
- To taste** salt and black pepper



PREP
15 min



COOK
25 min



SERVES
4



METHOD

- 1** Put the potatoes in a saucepan, cover with water, bring to the boil and simmer for about 15 minutes, until tender.
- 2** Meanwhile, grill the sausages for 10–12 minutes, turning regularly, or follow the packet instructions. Make sure they are cooked through.
- 3** Melt the butter or spread in a frying pan. Add the onions and cook for 8–10 minutes, until soft and golden.
- 4** Put the gravy granules in a jug, add 280 ml boiling water and stir until smooth. Pour the gravy into the onions and keep warm.
- 5** Drain the potatoes, return them to the pan, add the milk and mash until smooth. Season to taste. Cook the peas or vegetables according to the packet and serve.



MAKE IT GO FURTHER

Frozen peas or mixed vegetables keep for longer, are quick to cook and help reduce food waste.