ITALIAN HERB SAUSAGES WITH CREAMY MASH & CARAMELISED ONION

There is nothing quite like Bangers and Mash as comfort food in winter – and in fact, it's pretty good all year round! Our vegan take on this classic fave dish is warming, hearty and super tasty with the addition of golden caramelised onions making it next level delish...

SERVES	PREP	COOK	TOTAL TIME
4-5	10 MINS	30 MINS	40 MINS

INGREDIENTS

- 2 packs of **ITALIAN HERB SAUSAGES**
- Olive oil for baking/frying
- 10 medium sized Potatoes, skin on, chopped into bite sized pieces
- 3-4 medium sized Onions, sliced
- Green Beans, ends chopped
- Salt and Pepper to taste
- Maple Syrup
- Crushed Garlic (optional)
- Soy Milk (or your preferred non dairy milk!)

METHOD

1. Preheat the oven to 175˚C.
2. Place the potatoes in a large saucepan and cover with water. Add a tsp salt and bring to the boil and then drop to a simmer. Cook for around 20 mins or until the potatoes are just soft.
3. Immediately after putting on the potatoes to boil, place the sausages in a baking dish lined with baking paper and drizzle with olive oil to coat them. Bake for approximately 20 – 30 mins, turning every 8 mins or so to evenly brown them. Do not overcook as they will become dry. Once cooked, remove from oven and place onto some handy towels to soak up any extra oil. Alternatively, the sausages can be pan-fried, but they will need a little more watching and should be turned regularly.

HANDY TIP

Our sausages can be pan fried, oven cooked or cooked in the air fryer.

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4. While potatoes and sausages cook, in a non-stick fry pan place the onion slices into a few Tbsp of oil and begin to sauté slowly so they soften but don't burn. Do this, stirring regularly for 10 minutes or so until they are nicely soft and translucent. Add maple syrup, 4 Tbsp water and season with salt and pepper. Allow them to simmer until the water has fully reduced and the onions become golden and start to caramelise. Allow the onions to sit for a few minutes while you bring the rest of the meal together.
5. Drain the potatoes reserving some of the liquid. Add a good drizzle (3 – 4 Tbsp) of Extra Virgin Olive Oil, some salt and pepper and optional crushed garlic. Mash together adding small amounts of the reserved potato water until desired mash consistency is reached (you can add ¼ - ½ cup of your favourite plant milk instead to add creaminess. Warm it first so it doesn't cool down the potatoes).

TO SERVE

Pile the potato mash onto the plates, lay over or next to the mash a few sausages and then finally add a good dollop of caramelised onions to finish. Sprinkle with some chopped fresh herbs to finish if desired like Italian parsley, basil or both, and add your choice of seasonal vegetables. Wilted or fresh baby spinach on the side would also be a nice addition.

SERVES	PREP	COOK	TOTAL TIME
4-5	10 MINS	30 MINS	40 MINS

HANDY TIP

Warm the soy milk before adding it to the mash, so it doesn't cool down the potato.