

Sausages and mash myinheritedkitchen.co.uk

Ingredients <i>(Red = optional)</i>	Amount for one person	Your variation
Sausages	3	
Olive oil <i>(not virgin)</i>	2tsp	
Carrot <i>(fresh)</i>	2	
<i>Peas (frozen)</i>	100g	
<i>Celery stick</i>	1	
<i>Onion gravy pot</i>	1	
Potatoes <i>(unprepared)</i>	300g	
Butter	10g	
Pepper		
<i>Parsley</i>	1tsp	
TIP: <i>You don't have to prick the sausages</i>		



Prep Time minutes	Cook time minutes	Your revised time
12	23	<input type="checkbox"/>

All prepared? Start timer at:	23	
Put potatoes into the boiling saucepan	23	
Simmer potatoes at heat 5	21	
Put sausages into the hot wok	20	
Turn sausages	10	
Warm the milk saucepan heat 5	8	
Carrots, peas & celery into the steamer	7	
Start microwave for 4 mins 20 sec	7	
Whisk to dissolve gravy in the milk pan	5	
Let gravy boil - keep stirring	4	
Simmer gravy on heat 5 stirring often	3	
Heat plate in microwave for 2 mins	2	
Drain potatoes in a sieve	2	
Return potatoes to saucepan	1	
Add butter and mash	1	
Put all food on the plate	0	
Gravy goes on last	0	
Add pepper to taste	0	
Sprinkle Parsley over the potatoes	0	

Tools that help

- 1 x 16cm saucepan
- 1 x milk saucepan
- Scales
- Wok/frying pan
- Stirrer
- Whisk
- Potato masher
- Timer
- Microwave steamer
- Measuring jug
- Vegetable peeler
- Sharp knife & cutting board
- Sieve

Prep Instructions

1. Put 2tsp of olive oil into the Wok
2. Set the wok to heat 6.5 for 5-8 mins
3. Put 0.5 litres of water into the 16cm saucepan
4. Boil the water in the 16cm pan add .5tsp of salt
5. Wash & peel potatoes, cut into roughly 2cm chunks
6. Peel carrot and cut into 1cm pieces
7. Wash celery stick and cut into 1cm pieces
8. Put 280ml of water into the milk saucepan
9. Put 1tbsp of water into the microwave steamer

All recipes are based on using an induction hob, fan oven and microwave set at 1,000