

# DINNERLY



## Bangers and Mash with Onion Gravy



20-30 minutes



2 Servings

Starring Italian pork sausages, creamy potato mash and an onion gravy just like grandma used to make, this quick and easy bangers and mash will satisfy even the pickiest eaters in the family.

## WHAT WE SEND

- onion
- Italian pork sausage <sup>17</sup>
- chicken stock cube
- green peas
- potato

## WHAT YOU NEED

- boiling water
- butter <sup>7</sup>
- Dijon mustard <sup>17</sup>
- milk <sup>7</sup>
- olive oil
- plain flour <sup>1</sup>
- sea salt and pepper
- sugar

## TOOLS

- oven tray
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 850kcal, Fat 54.7g, Carbs 55.5g, Proteins 30.2g



### 1. Make mash

Preheat the oven to 150C. Peel the **potatoes** and cut into 3cm chunks. Put in a medium saucepan and cover with cold salted water. Bring to the boil and cook for 12-15 mins until tender. Drain, return to the pan and add **20g butter** and **2 tbs milk**. Mash until smooth and season with **salt and pepper**. Cover to keep warm.



### 2. Make stock

Meanwhile, bring a kettle of water to the boil. Halve and thinly slice the **onion**. Crumble the **stock cubes** into a heatproof jug, pour in **375ml (1½ cups) boiling water** and stir to dissolve.



### 3. Cook sausages

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **sausages**, turning regularly, for 8-10 mins until cooked through. Transfer to an oven tray and keep warm in the oven.



### 4. Cook onion gravy

Melt **20g butter** in the same frypan over medium heat. Cook the **onion**, stirring, for 5 mins or until softened. Add **½ tsp sugar** and cook, stirring, for a further 3 mins or until lightly golden. Sprinkle over **1 tbs flour** and cook, stirring constantly, for 1 min.



### 5. Get ready to serve

Stirring constantly, gradually add **stock** to onion mixture, then stir in **1 tsp Dijon mustard**. Bring to the boil, reduce to a simmer and cook for 5 mins or until slightly thickened. Put the **peas** in a heatproof bowl, cover with boiling water and stand for 3-4 mins. Drain. Divide **mash, sausages** and peas among plates and pour over the **onion gravy** to serve.



### 6. Kitchen hack

Add thyme leaves when cooking the onion mixture to make this dish soar. Or scatter over coarsely chopped parsley leaves to serve.