

## Pork and Apple Sausage with Parsnip Mash – SAUS04

Serves – 4

### Ingredients:

900g Potatoes, peeled and cut into chunks

225g Parsnips, peeled and cut into chunks

450g Sally's Sizzling Pork and Apple sausages

300ml gluten free light beer (Green's or Hambleton Ales)

2 tsp Sugar

1 tbsp gluten free gravy powder (Orgran, Allergycare or Bisto Best)

1 tsp butter (or dairy free alternative)

Dash of Milk. (Or dairy free alternative)

### Method:

Cover the potatoes and parsnips with water in a large saucepan; boil for 10-15 minutes until soft.

Meanwhile in a large pan, dry fry the pork and apple sausages for 12-15 minutes until cooked through. Add the light beer and simmer for 2-3 minutes. Add the sugar and gravy granules; cook until thickened.

Drain the potatoes and parsnips, and mash with a knob of butter and a dash of milk.

Serve the sausages with the potato and parsnip mash and beer gravy..