

## Traditional Sausage and Mash – SAUS07

Serves – 4

### Ingredients:

8 white potatoes, peeled and cut in half  
8 Sausages  
1 tbsp sunflower oil  
2 oz butter or dairy free alternative  
2 oz single cream or dairy free alternative

### Method:

Place the peeled, washed and cut potatoes into a saucepan of boiling salted water and heat on a medium heat for 20 minutes.

Heat the oil in a large frying pan and fry the sausages for 10 minutes or until golden brown. Alternatively grill the sausages (a healthier option) on a medium heat for 10 minutes.

When the potatoes are soft, drain the water and return to the saucepan. Place the butter and cream (if desired) into the pan and proceed to mash to a puree.

Serve the potatoes and sausages in a large serving dish or on individual plates, with a delicious gluten free gravy