

Sausage and Vegetable Bake – SAUS03

Serves – 4

Ingredients:

125g finely chopped onions
3 cloves of garlic, crushed
225g parsnips peeled and cut into nice chunks
200g carrots peeled and cut into nice chunks
1 400g tin of chopped tomatoes
salt and pepper to taste
1 tbs oil
1 tbs cornflour
8 Sally's Sizzling Pork and garlic Sausages.

Method:

Gently heat oil in oven proof casserole dish and soften onions then add sausages and lightly brown, add garlic then carrots and parsnips, season, add tomatoes and stock.

Cover and put into oven gas mark 5 or 180 degrees C and cook for about an hour. Test to see if vegetables are soft and thicken with a little cornflour and water. Serve with crusty Proceli baguette or creamed potatoes.

You could, of course, make it extra healthy by adding a tin of kidney beans or cannellini beans when you add the vegetables at the start of the recipe.