



STUFFED SAUSAGES

EITHER VEGETARIAN OR MEATY - YOU CHOOSE

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 45 minutes

These stuffed sausages are a really versatile meal. You can use vegetarian sausages if you like, otherwise go for a meaty option with either pork, beef or chicken sausages.



MASH

- 700g potatoes (1lb 9oz)
- 1 Tbsp butter
- 1 Tbsp milk
- 100g feta, divided (3.5oz)
- 60g baby spinach (2.1oz)

SAUSAGES

- 1 tsp olive oil
- 6-10 sausages (vegetarian, pork, beef or chicken - you choose!)

VEGGIES

- 1/2 small wombok
- 1 small brown onion
- 250g green beans (8.8oz)
- 1 Tbsp butter *optional*
- 2 tsp balsamic vinegar
- 1 tsp sugar
- 1/2 tsp garlic powder

TO SERVE

- 1/4 cup chutney or relish

1. PREPARE POTATOES AND VEGGIES

Peel and roughly chop potatoes. Shred wombok and thinly slice onion. Trim ends off beans and place in a microwave-safe dish.

2. COOK POTATOES AND SAUSAGES

Place potatoes in a large saucepan, cover with water and bring to the boil. Cook for 20 minutes, until potatoes are fork-tender.

- ### 3.
- Meanwhile, heat oil in a large frying pan on medium-high. Add sausages. Pan fry until golden brown and cooked through (approximately 10 minutes). Remove from pan onto a chopping board.

4. COOK VEGGIES

Return pan to heat and add butter (you can skip this if there is enough oil left from sausages). Add onion and stir fry for 2 minutes. Add wombok, vinegar, sugar and garlic powder. Stir fry for 2 minutes, until wombok is just tender. Season with a little salt and pepper and reduce heat to very low to keep warm.

5. STUFF SAUSAGES

Turn oven on to grill setting. Drain potatoes well. Add butter and milk, mash until smooth. Stir in about two thirds of the crumbled feta and all of the spinach. Season to taste with salt and pepper.

- ### 6.
- Cut sausages down the centre, without cutting all the way through. Place on a large oven tray. Spoon mash onto sausages and crumble remaining feta over the top. Grill for a couple of minutes (watch carefully), until feta is golden and sausages are hot. Meanwhile, microwave beans for 2 minutes, until tender.

7. SERVE

Serve sausages with wombok, beans and a dollop of chutney or relish.



WINE MATCH: A Merlot.

STUFFED SAUSAGES RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free sausages. Make sure chutney/relish is gluten-free.

INGREDIENT SWAPS / NOTES: Choose the right amount of sausages for your household - this is always a hard one to provide a quantity for! With 10 sausages, there will still be enough mash to top them (it just won't be piled up as high). I like pork sausages best with this meal. Crumbed sausages would also work well. Feel free to use grated cheddar cheese in place of the feta. You could swap the wombok for green or red cabbage.

STORING AND REHEATING: Store individual portions in containers in the refrigerator and reheat in the microwave. Add chutney or relish just before serving.