



# Bangers & Garlic Herb Mash with Onion Gravy



## Ingredients

### Bangers

1 pack of Cauldron Lincolnshire Sausages

### Garlic herb mash

800g white potatoes, peeled and halved

3 garlic cloves, peeled

3 tbsp crème fraîche

10g fresh parsley, finely chopped

10g fresh chives, finely chopped

½ tsp salt

½ tsp black pepper

### Onion gravy

2 tbsp butter

1 onion, peeled and finely sliced

¼ tsp salt

½ tsp sugar

2 tbsp plain flour

1 tbsp light soy sauce

300ml vegetable stock

## Method

Preheat oven to 200°C/Fan 180°C/Gas 6.

Remove Cauldron Lincolnshire Sausages from pack, brush with oil and place on a baking tray. Transfer to the oven and cook for 20 minutes.

Bring a saucepan of salted water to the boil.

Add the potatoes and reduce to a rolling simmer. Cook for 15 minutes, or until the potatoes are soft.

Drain the potatoes and mash with the crème fraîche, parsley, chives, salt and black pepper. Set aside.

For the onion gravy, place butter in a frying pan, once melted, add onions, salt and sugar and cook on a low heat for 10 minutes, until soft and starting to colour.

Stir through plain flour.

Add soy sauce and vegetable stock and bring to the boil.

Reduce to a simmer and cook for a further 5 minutes.

To serve, divide mash, Cauldron Lincolnshire Sausages and onion gravy between 3 plates.

Serve with seasonal green vegetables.

## CHEF'S TIP



Use half-fat or fat-free crème fraîche for a healthier mash