

Black Bean glazed Sausages with roasted Onion Mash

The perfect twist on bangers and mash – so simple to prepare and an all time favourite.

Feeds: 4
Time to cook: Approximately 40 minutes
Oven Temperature: Gas mark 6, 200°C, 400°F

Take

Thick pork sausages
Onion
Black bean sauce
Soy sauce
Honey
Potatoes
Gravy
Milk
Butter



Make

Place **450g (1lb) sausages** on a baking tray with **1 onion**, cut into wedges, cook for about 30 minutes. Place **900g (2lb) old potatoes**, peeled and cut, in water, and boil until soft. Remove onions from oven tray after 30 minutes and add to the boiling potatoes for 5 minutes.

Mix **45ml (3tbsp) black bean sauce** with **15ml (1tbsp) soy sauce** and **15ml (1tbsp) honey**. Spoon over the sausages and return to the oven for a further 10-15 minutes until well glazed and sticky.

Eat

Serve sausages with mash, gravy and additional vegetable of your choice.