



Ready in 45mins

Serves - 6

Classic Bangers & Mash

Ingredients

Mash

2-3 potatoes - peeled, chopped into chunks

1-2 kumara - peeled, chopped into chunks

Salt ^

2 Tablespoons butter or cooking oil ^

½ cup milk

Salt and pepper^

Sausages

1 packet wagyu / venison sausages

Onion gravy

1 large onion - finely sliced

2 Tablespoons butter or cooking oil ^

1 Tablespoon flour ^

½ cup water ^

Salt & pepper ^

Peas

500g frozen peas

Salt ^

Method

1. Prep mash

Peel potatoes and kumara and cut into evenly sized chunks. Place in a pot and cover with water. Season with a teaspoon of salt and bring to a simmer with the lid on. Cook until they are soft, then remove from the heat.

2. Meanwhile, cook sausages

Cook the sausages in a frying pan or on the BBQ on medium heat, turning until they are lightly browned all over and cooked through. Put the sausages on a plate and put the pan aside.

3. Make onion gravy

Finely slice the onion. Add about 2 Tablespoons of oil or butter to the pan (used to cook the sausages) and bring to medium heat. Cook the onions until they are soft.

Add 1 Tablespoon of flour to the onions and mix well. Gradually add half a cup of water, stirring until the mixture thickens and becomes smooth. Season with salt and pepper to taste.

Remove from heat and set aside.

4. Cook peas

Bring a medium pot of water to the boil and season with salt. Cook the peas for 1-2 minutes, then drain.

5. Finish mash

Drain the potatoes and kumara and add 2 Tablespoons of butter or oil and ⅓ - ½ cup of milk (as required). Mash until smooth, then season with salt and pepper if desired.

6. Serve

Serve a pile of mash with a sausage, peas and onion gravy.

TIP - Mash is a comforting winter side-dish and can be made using almost any root vegetables. Perhaps try making some with parsnips and carrot next time.



^ pantry staple

Refer to ingredient packaging for allergen statements.

Due to availability, some of the ingredients in your kete may be different to what's on the recipe card. When this happens, we will send you an email letting you know what ingredients have been swapped and how to use them.