

Easy Curried Sausages!

Ingredients:

- 🍖 600g or 8-10 sausages
- 🍴 1 tbspn Oil
- 🍴 1 sliced brown onion
- 🍴 Veggies of choice (I use frozen)
- 🍴 1-2 tbspn Minced Garlic
- 🍴 2 tbspn Curry Powder
- 🍴 3 tbspn Flour (any type is fine)
- 🍴 1 tspn sugar
- 🍴 500ml Chicken Stock
- 🍴 Salt & Pepper to taste



Method:

- 🍴 Cook sausages in your pan
- 🍴 Remove & cut into smaller pieces
- 🍴 Put on paper towel to absorb any excess oil
- 🍴 Wipe out pan and add oil
- 🍴 Add onion and garlic and cook for a few minutes
- 🍴 Add curry powder and stir in for 30 seconds
- 🍴 Add flour and stir in for 30 seconds
- 🍴 Add chicken stock, sugar, salt and pepper and give a stir
- 🍴 Add sausages back to the pan
- 🍴 Add in your veggies
- 🍴 Stir over low-medium heat until sauce begins to thicken
- 🍴 Taste test and alter as required
- 🍴 Serve either by itself, with rice or mashed potato or cauliflower mash

Note: recommend making the day before you are ready to eat it as curries always taste better the next day!