

# Sausage Casserole

## Ingredients

- 667g Thick Pork Sausages
- 200g diced frozen onion
- 150g diced carrot (2 medium)
- 100g Diced Turnip
- 2 x powdered Sausage Casserole Sauce
- 1 litre + 550ml Water
- Knob of butter
- 1.25Kg of potato
- 125g Peas
- 125g Sweetcorn

## Options

- You can vary the vegetables

## Equipment

- Sharp knife
- Measuring Jug
- Baking Tray
- Large Saucepan
- Spatula
- Whisk

## Preparation

- Get the ingredients and equipment to hand
- Pre-Heat the oven to 180°
- Dice the onion, but it is much easier to use frozen diced onion
- Peel and dice the carrot & turnip
- Peel and slice the potato and get it on to boil

*You may find the notes for preparing mashed potato useful.*

## Method

Line your baking tray with tinfoil.

Spread out the sausages so they do not touch each other.

Place in the centre of the oven for 10 minutes.

Add the onions to the saucepan with a small knob of butter or sunflower oil and soften for 5 minutes or so.

Turn the sausages and cook for a further 10 minutes.

Meanwhile, add the water, carrot and turnip to the pot. Bring to the boil and simmer.

Turn the sausages and cook for a final 10 minutes.

Meanwhile, add another 500ml of water to the pot and return to the boil.

Once the sausages are cooked (30 minutes in total) carefully add them to the saucepan.

Empty the sauce packets into a measuring jug and add a little water. Ignore the instructions on the packet! Give it a good mix with a whisk or fork, until the powder is incorporated into a loose paste.

Add the sauce to the saucepan then return to the boil and simmer for 5 minutes.

Remove from the heat and allow to cool for 5 minutes.



## Portions

Number of portions	5
Final Portion Size	4 Sausages 200g Potato
Storage Container	3-Cell

## Storage

This can be served fresh but also ideal for freezing in 3-cell containers for individual portions.

Add 4 sausages to the large cell and top up with the gravy mix.

Add three balls of the potato mash to a small cell.

Add the mix of peas and sweetcorn to the third cell – adding a knob of butter.

This is a large portion so you may want to consider 3 sausages and only 2 scoops of potato as a lighter alternative.

I now serve the smaller portion of 3 sausages.

Allow to cool before freezing

## Heating & Serving

Not Suitable for conventional or stove-top heating.

Micro



Oven



Stove



Fryer



Cold



6 min

*Adjust times if heating from frozen.*

Loosen the lid and place in the microwave.

Use a fork to mix up the potato and veg once heating is complete.

Be sure the meal is piping hot throughout before serving.

Best if eaten directly from the tray.

**Once defrosted, consume within 24 hours.  
Do not refreeze.**

## Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Making Mashed Potato
- Dicing and Slicing Carrots

Note that this recipe depends on the size and quality on the sausage. Don't cheapskate on them!

