

# Irish Bangers with Colcannon Mash



## Servings: 4

*2 pounds potatoes, cut into quarters*  
*salt, to taste*  
*olive oil*  
*1 package sausage links*  
*1/4 cup unsalted butter*  
*1 red onion, sliced*  
*2 leeks, sliced*  
*4 garlic cloves, minced*  
*1 bunch kale, chopped*  
*salt and pepper, to taste*  
*2 green onions, sliced*  
*3/4 cup milk*  
*1/2 cup cheddar cheese, grated*

To a large pot add the potatoes and cover with cold water. Season with salt. Bring the water to a boil over high heat. Reduce the heat to medium-low and simmer until the potatoes are fork tender about 25-30 minutes.

Preheat the oven to 375°F. Place the sausage links on a baking tray and cook for 25-30 minutes until fully cooked though.

To a skillet melt 2 tablespoons of unsalted butter. Add red onions and leeks. Sauté for 5 minute. Stir in garlic and cook for another minute. Stir in kale and season with salt and pepper. Cook and cover for 5 minutes or until the kale is wilted. Stir in green onions.

Drain the cooked potatoes and set aside. Place the pot back on the stove top and melt 2 tablespoons of unsalted butter. Add milk and bring to a simmer. Add the cooked potatoes and mash to your desired consistency.

Stir in the vegetable mixture and cheddar cheese.

Serve the sausages with the mash.

Enjoy!

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Per Serving (excluding unknown items): 503 Calories; 25g Fat (43.5% calories from fat); 16g Protein; 57g Carbohydrate; 7g Dietary Fiber; 69mg Cholesterol; 294mg Sodium; 11g Total Sugars; trace Vitamin D; 357mg Calcium; 3mg Iron; 1289mg Potassium; 361mg Phosphorus. Exchanges: .