

## MASH, GRAVY & BANGERS



**Serving:** 2

**Cooking Time:** 45 min

**Prep Time:** 60 min

### INGREDIENTS

- 8 sausages
- 2 onions, sliced

- ½ tsp. dried mixed herbs
- ½ tsp. mustard
- 600 ml beef stock
- 600 ml beef stock
- Salt and black pepper
- 2 tsp. softened butter
- 2 tsp. plain flour

## INSTRUCTIONS

### For the mash

- 900 g potatoes, peeled and chopped into equally sized cubes
  - 50 g butter
  - 100 ml milk
  - 2 Tbsp. English mustard
1. Preheat the oven to 200C.
  2. Place the sausages into a roasting tin and place in the preheated oven. Cook for 10 minutes then turn the sausages and cook for a further five minutes, or until they have a good colour on the outside.
  3. Add the sliced onions to the tin. Mix the dried herbs, mustard and stock together and pour over the sausages and onions. Return the tin to the oven for a further 20 minutes, or until the sausages is cooked through and the onion gravy thickened. Season to taste with salt and pepper.
  4. For the mash, boil the potatoes in a pan of boiling water until tender. Drain and mash.
  5. Heat the butter and milk until the butter has melted. Add a pinch of salt, pepper and mustard then pour over the mashed potato and mix until smooth. Set-aside until ready to serve.
  6. For the sausages and onion gravy, mix the softened butter and plain flour together to form a paste. Remove the sausages from the baking tray, set aside and cover to keep warm. Place the baking tray onto the hob, add the flour and butter mix and whisk until combined. Stir over a medium-high heat for 2-3 minutes, or until

the gravy has thickened slightly.

7. Add the sausages back to the tray and warm through for 1-2 minutes. Serve the sausages, mash and peas with the onion gravy spooned over.

**Foodie Fact: Bangers and mash, also known as sausages and mash, is a traditional dish of the British Isles made of sausages and mashed potatoes and may consist of one of a variety of flavored sausages made of pork, lamb, or beef**