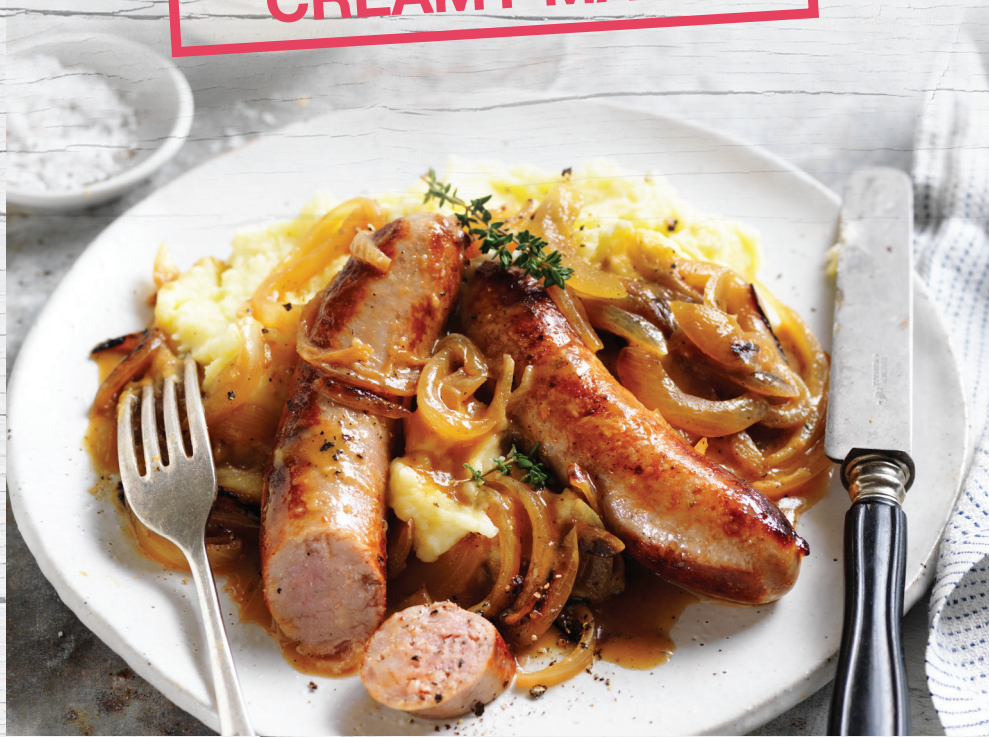


PORK BANGERS & CREAMY MASH



Serves: 4

Cooking time: 50 mins

- 2 tablespoons olive oil
- 8 pork sausages
- 20g butter
- 2 brown onions, thinly sliced
- 1 tablespoon plain flour
- 1 ½ cups beef stock
- 2 teaspoons Dijon mustard
- 4 sprigs thyme, chopped

Creamy mash

- 750g Desiree potatoes, peeled and chopped
- 2/3 cup hot milk
- 150g butter, diced

1. To make the creamy mash, place potatoes into a large saucepan of cold salted water and bring to the boil over high heat. Reduce heat and simmer for 15-20 mins or until

tender. Remove from heat, and using a potato masher, mash potatoes. If you like your mash extra smooth, pass potatoes through a fine sieve back into the saucepan. Gradually add hot milk and butter, mashing until smooth and creamy. Season with salt and pepper. Keep warm.

2. While potatoes are cooking, heat 1 tablespoon oil in a large non-stick frying pan over medium heat. Add sausages and cook, turning occasionally for 8 mins or until browned on all sides. Transfer to a plate.
3. Add butter and the remaining tablespoon of oil to the pan and heat over medium heat. Add onions, stirring occasionally for 25 mins or until golden and caramelised. Sprinkle flour over onions and stir until combined. Remove pan from heat, gradually add stock, stirring constantly. Return pan to a medium heat, add mustard and stir until mixture comes to the boil and thickens.
4. Add thyme and return sausages to the pan. Reduce heat and simmer for 15 mins or until sausages are warmed through. Serve with the creamy mash.

HEART WARMING FAMILY FAVOURITES

Australian Pork sausages. So easy to prepare. And so very delicious. In fact, Australian butchers hold the title for world's best pork sausage.* And we're certain your family will agree with the judges.



*as judged in the World Butchers' Challenge, Belfast 2018

AUSTRALIAN
Pork
pork.com.au

PORK SAUSAGE & BUTTON MUSHROOM STROGANOFF



Serves: 4

Cooking time: 30 mins

- 1 tablespoon olive oil
- 500g pork sausages, cut into 2cm-thick slices
- 1 brown onion, diced
- 2 garlic cloves, crushed
- 200g button mushrooms, sliced
- 1 teaspoon smoked paprika
- 1 teaspoon plain flour
- 1 tablespoon tomato paste
- 1 cup salt-reduced chicken stock
- 2 tablespoons Worcestershire sauce
- ½ cup sour cream
- 1/3 cup finely chopped chives
- Pappardelle or fettuccine pasta, to serve

1. Heat oil in a large frying pan over medium-high heat. Add sausages and cook, turning occasionally, for 6-8 minutes until golden on all sides. Transfer to a plate.
2. Add onion, garlic and mushrooms to the pan and cook, stirring occasionally, for 4-5 minutes until onion is tender and mushrooms are golden.
3. Sprinkle paprika and flour over mushroom mixture. Stir in the tomato paste and cook, stirring for 1 minute. Gradually add stock and Worcestershire sauce to pan, stirring constantly, until well combined.
4. Add the sausages to the pan. Stir until well combined and mixture comes to the boil. Reduce heat to medium-low, partially cover and simmer for 15 minutes or until sausages are heated through. Add in sour cream and chives. Season with salt & pepper. Serve with pappardelle or fettuccine pasta. Sprinkle with extra chopped chives to serve.

PORK SAUSAGE, ZUCCHINI & TOMATO SPAGHETTI



Serves: 4

Cooking time: 15 mins

- 400g spaghetti
- 2 tablespoons olive oil
- 500g pork sausages
- 1 red onion, cut into thin wedges
- 2 garlic cloves, crushed
- 300g zucchini, diced
- ½ cup dry white wine (optional)
- 200g cherry tomatoes, halved
- 1 tablespoon lemon juice
- ½ cup flat-leaf leaves parsley, roughly chopped
- Extra virgin olive oil, grated parmesan & lemon wedges, to serve

1. Cook spaghetti in a large saucepan of boiling water following packet directions. Drain and set aside.
2. Meanwhile, heat 1 tablespoon oil in a large heavy-based frying pan over medium-high heat. Snip the top off the sausage casings and squeeze small, rough pieces of the meat into the pan. Cook, turning often until golden and cooked through. Transfer to a plate and set aside.*
3. Heat another tablespoon of oil in the pan, add onion & garlic, stirring for 3-4 mins until onion is tender. Add zucchini & cook, stirring occasionally for 2 mins. Add wine & cook for 1 min.
4. Return sausage pieces to the pan, cover and cook over medium-low heat for 4-5 minutes until hot. Add in the tomatoes, tossing occasionally until hot. Season with salt & pepper to taste.
5. Add the spaghetti to the sausage mixture and toss over medium heat until hot. Add in lemon juice and parsley. Drizzle with extra virgin olive oil, sprinkle with parmesan and serve with lemon wedges.

**Tip – if preferred, do not skin the sausages, simply slice and add directly to the pan.*