

# Sausages with leek mash & red onion gravy

SERVES 4 PREP 10mins COOK 25mins **EASY**



**Low saturated fat**

*To save on time, you can make the sauce in advance*

- 750g potatoes, peeled and chopped
- spray oil
- 2 red onions (approx 160g), chopped
- 2 tbsp The Co-operative balsamic vinegar of Modena
- 250ml stock (made from ½ very low-salt vegetable stock cube)
- 1 tsp The Co-operative Truly Irresistible Dijon mustard
- 400g The Co-operative reduced-fat British sausages (8 sausages)
- 2 trimmed leeks (approx 300g), washed and chopped

- 25ml semi-skimmed milk
  - black pepper
- 1** Boil the potatoes until cooked.
  - 2** Meanwhile, spray oil on a frying pan. Add the onions and cook on a low heat for 5 mins to soften. Add the balsamic vinegar, stock and mustard. Simmer for 10 mins until the sauce starts to thicken.
  - 3** Meanwhile, pre-heat the grill on a high heat and grill the sausages for 14-18 mins, turning frequently until cooked.
  - 4** Spray oil in another pan, add the leeks and cook over a medium heat for 5 mins, until they start to colour and soften.
  - 5** Drain the potatoes and mash with the milk.

Season with black pepper and mix well. Stir in the cooked leeks.  
**6** Place the mash and the sausages onto plates and pour a generous helping of the red onion sauce over the top.

<b>Calories</b> 350	<b>Fat</b> 10.1g	<b>Sat Fat</b> 3.9g	<b>Sugars</b> 6.7g	<b>Salt</b> 1.0g
approx. per serving				
✓ 1 of your 5-a-day				

The **co-operative**  
good with food