LET'S EAT!

BANGERS AND MASH

45 minutes

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Allergens: milk, gluten, sulphites, soya

What is it?

Bangers and mash is a colloquial term for sausages and mash, traditionally popular in Great Britain. This is one of the easiest meals to whip up after a busy day.

MAKE IT FUN!

You could add different flavours to the dish by mixing something into the mash; cheese, mustard, whatever you want to experiment with! Some people have even added green pesto to make green mash!

What you'll need:

	For 2 people	3 people	4 people
Sausages	4	6	8
Potatoes	400g	550g	700g
Butter	60g	75g	90g
Baked beans	200g	300g	400g

And a pinch of salt and pepper.

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:





Step 1:

Preheat the oven to 180 degrees (gas mark 4). Peel the potatoes and chop up into cubes (this helps the potato to cook faster). Place in a pan and add cold water, bring to a boil over a high heat. Boil until the potato is cooked (check by inserting a knife, the potato should be soft).

Step 2:

Meanwhile, place the sausages onto an oven tray and cook for 20 minutes, until the juices run clear and the skin is golden brown.





Step 3:

When the potatoes are cooked, drain the water away and add the butter to the pan. Mash together and season with a little salt and pepper. If you want, you could add a splash of milk to make the mash extra creamy.

Step 4:

Heat the beans in a saucepan or microwave (transfer them to a microwavable container) for a few minutes until they are piping hot. Remove the sausages from the oven and plate up alongside a spoonful of mash and a helping of baked beans. Tuck in!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!