LET'S EAT!

SAUSAGE RAGU

40 minutes

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Allergens: gluten, sulphites, soya

What is it?

This saucy dish is a cheap and cheerful meal for a busy evening. With simple ingredients, it's sure to be a hit with even the fussiest eaters!

MAKE IT FUN!

You can adapt this basic recipe by adding leftover veggies like chopped celery or thicken it by adding new potatoes and skipping the rice. Anything goes!

What you'll need:

	For 2 people	3 people	4 people
Garlic clove	1	1	1
Oregano	1 tsp	1 tsp	2 tsp
Carrots	2	3	4
Spring onion	2	2	2
Mushrooms	100g	150g	200g
Sausages	4	5	6
Chopped tomatoes	200g	300g	400g
Ketchup	1 tbsp	2 tbsp	3 tbsp
Rice	150g	200g	250g

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:

Heat a little oil in a frying pan. Squeeze the sausage meat out of their casing into the pan, breaking it up into chunks with a spoon. Cook until the meat begins to brown on the outside.

Step 2:

Chop the garlic, carrots and spring onion and add to the pan, along with the oregano. Once they start to soften, add the chopped tomatoes and simmer over a medium heat for 10 minutes.





Step 3:

Add the mushrooms and continue to simmer for 10 minutes, then stir in the ketchup, continue to simmer, stirring occasionally, until the sausage meat is cooked through. Meanwhile, boil the rice in a saucepan of hot water for around 10 minutes until cooked to taste.

Step 4:

Drain the rice and scoop onto plates. Spoon a helping of ragu on top, making sure to get plenty of the tasty sauce. 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!