

Nutracheck Recipe

Bangers and Mash

Serves: 1

477 kcals

17.1 g fat

per serving



INGREDIENTS

- 2 (40g) reduced fat pork sausages (aim for no more than 90 calories each)
- 175g old potatoes
- 1 teaspoon very low fat spread
- 1 small onion
- 2 heaped tablespoons peas
- 20g gravy granules
- 5 sprays of Frylight Spray

Cooking Instructions:

1. Peel the potatoes and boil until cooked. When boiled, mash them and add the butter. Add salt and pepper as required.
2. While the potatoes are boiling, grill the sausages as per pack instructions.
3. Heat a saucepan and spray in 5 sprays of Frylight Spray. Fry the onion in a saucepan for 3 minutes, mix up the gravy as per pack instructions and add to the saucepan with the onions. Simmer for 5 minutes.
4. Boil the peas as per pack instructions
5. Serve the sausages on a bed of potatoes with the onion gravy poured over and peas on the side.