



CURRIED BANGERS & MASH

A Fusion of Comfort and Spice in a Classic Dish



Curried Bangers & Mash is a delightful twist on a classic dish, bringing together the comforting flavors of sausages with a spicy curry sauce, all served over creamy mashed potatoes. This recipe is perfect for a cozy dinner, offering both warmth and satisfaction.

Ingredients

For the Curried Sausages

- **0.5 tbsp oil**
- **300g sausages** (any type you prefer)
- **2 garlic cloves**, minced
- **1 onion**, halved and sliced
- **1 carrot**, peeled and sliced
- **1 tbsp curry powder** (or more, to taste)
- **3 tbsp flour** (substitute with cornflour/cornstarch for a gluten-free option)
- **2 cups chicken stock/broth** (low sodium)
- **1 tsp sugar**
- **1/2 tsp salt**
- **1/2 tsp black pepper**
- **1 cup frozen peas**

For the Mashed Potatoes

- **2 potatoes**, peeled and cut into chunks
- **1 tbsp salted butter**
- **1 tbsp full cream milk**

Instructions

Preparing the Curried Sausages

1. **Heat the Oil:** In a large pan over medium-high heat, warm up the oil.
2. **Brown the Sausages:** Cook the sausages until browned on all sides. Remove them from the pan and optionally slice them in half.
3. **Sauté Garlic and Onion:** Add the minced garlic and sliced onion to the pan. Cook for about 2 minutes or until the onion becomes translucent.

4. **Add Curry Flavor:** Stir in the curry powder and cook for 30 seconds to release the flavors.
5. **Thicken with Flour:** Mix in the flour and stir for another 30 seconds.
6. **Create Sauce Base:** Gradually pour in the chicken stock, stirring constantly to avoid lumps.
7. **Add Vegetables and Seasonings:** Add the sliced carrot, sugar, salt, and pepper. Stir well.
8. **Simmer and Combine:** Return the sausages to the pan and add the peas. Bring the mixture to a simmer and cook until the sausages are cooked through and the sauce has thickened.

Preparing the Mashed Potatoes

1. **Cook the Potatoes:** Boil the potato chunks in a pot of water until they are tender.
2. **Mash the Potatoes:** Drain the cooked potatoes and place them in a large bowl. Add the butter and mash until you reach your desired consistency.
3. **Incorporate Milk:** Pour in the milk and mix until smooth and creamy.

Serving

- Serve the curried sausages hot over a bed of mashed potatoes. You can also enjoy them with rice, pasta, or noodles.

Tips

- **Toast Your Curry Powder:** Ensure you toast the curry powder for optimal flavor—your stomach will thank you!
- **Add More Vegetables:** Feel free to add extra vegetables like additional carrots or corn—the sauce is generous enough to accommodate more.

This Curried Bangers & Mash is loved for its quick preparation and classic flavor, making it a great choice for comfort food! Enjoy this hearty meal with family or friends.