

**BLENDERS**

# BANGERS AND MASH RECIPE WITH A RED ONION PEPPER SAUCE

A classic that never goes out of style. This version of bangers and mash combines creamy spring onion and kale mash with juicy sausages, braised red cabbage and a rich red onion pepper sauce made simple with Blenders. A comforting plate that's perfect for pub menus, canteens or family dining.

**PREP TIME**  
10 MIN**COOK TIME**  
30 MIN**SERVINGS**  
4

## Ingredients

- 8 large sausages
- 1kg potatoes, peeled and chopped
- 2 spring onions, finely sliced
- 200g baby kale, shredded
- 100ml double cream
- 50g butter
- Salt & pepper
- 100ml Blenders Gravy
- 20ml Blenders Pepper Sauce
- 20g Blenders Red Onion Relish
- 300g red cabbage, thinly sliced
- 1 tbsp balsamic or red wine vinegar
- 1 tsp sugar
- 1 tsp butter
- 1g cinnamon
- ½ cooking apple, grated
- Flat-leaf parsley, chopped

## Allergens

- Soybeans, Milk, Celery, Mustard, Sulphites

## Method

### Step 1:

Prepare the mash.

Boil the potatoes in salted water for 15–20 minutes until soft. Drain well, then mash with butter, double cream, spring onions and kale. Season with salt and pepper to taste. Cover and keep warm.

### Step 2:

Cook the sausages.

Heat a frying pan or grill pan over medium heat. Cook the sausages for 12–15 minutes, turning until browned and cooked through.

### Step 3:

Braise the cabbage.

In a small pan, add the red cabbage, vinegar, sugar, butter, cinnamon and grated apple. Season lightly with salt and pepper. Cover and cook on a low heat for 15–20 minutes, stirring occasionally.

### Step 4:

Make the sauce.

In a small pot, combine the Blenders Gravy, Pepper Sauce and Red Onion Relish. Bring to a gentle boil and stir until smooth.

### Step 5:

Serve.

Spoon a generous portion of mash onto each plate. Place the sausages on top and pour over the red onion pepper sauce. Add the braised cabbage on the side and finish with chopped parsley for freshness.