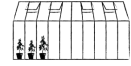


# Curried Sausages



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AWAKINO STATION

I love creating recipes that use sausages. They're something that always seem to be in our freezer, are extremely versatile and are quick and easy to throw together for a meal. These curried sausages are delicious with mutton sausages, but otherwise use beef. Perfect for throwing plenty of hidden veg in too, and the kids love them.

## Ingredients:

- 10-12 sausages
- 2 onions, diced
- 2 large carrots, diced
- 3 cloves garlic, crushed
- 2 tbsp curry powder
- 1 tbsp turmeric
- 2 cups chicken stock
- 1x 400ml tin of coconut cream
- 1/4 cup fruit chutney
- 1/2 cup peas
- 1/2 cup fresh parsley

Optional extras:

- 1 medium zucchini, diced
- Handful of baby spinach leaves
- An apple or pear, finely diced.

## Method:

1. In a large frypan or Dutch oven add a splash of oil and brown the sausages all over. Set aside on a plate.
2. In the same pan over a medium low heat, sauté the onion, carrot and garlic until sticky and starting to caramelise. Stir through the spices and cook for another minute.
3. Pour in the chicken stock, coconut cream and chutney. Thinly slice the sausages into 1cm pieces and add back to the pan. Give everything a good stir to combine and gently simmer for an hour and a half. Stir a few times during cooking to prevent things sticking to the bottom of the pan.
4. 15 minutes before serving stir through the peas and season well with salt and pepper. Sprinkle parsley over and serve with rice and crunchy bread.