

Curried Sausages

Ingredients

½ tbsp oil
600g (6-8) sausages, of choice
2 garlic cloves, minced
1 onion, halved and sliced
1 carrot, peeled, sliced on the diagonal
1 tbsp curry powder, or more
3 tbsp flour, any type or gravy mix
2 cups (500ml) chicken stock/broth, low sodium
1 tsp sugar
1 tbsp BBQ sauce
1 tbsp Worcestershire Sauce
½ tsp salt , plus more to taste
½ tsp black pepper
1 cup peas , frozen

Method

Heat oil in a large skillet over medium high heat.

Cook sausages, turning to brown all over then remove. Optional: slice sausages into pieces on the diagonal.

In the same skillet, add garlic and onion. Cook for 2 minutes until translucent.

Add curry powder and stir for 30 seconds.

Add flour and mix for 30 seconds.

Gradually pour in chicken stock, mixing constantly.

Add carrots, sugar, salt and pepper, stir well.

Add sausages and peas, bring to simmer and cook for 3 minutes or until sauce thickens.

Serve over mashed potato, rice, pasta or noodles