

Bangers & Mash (Sausage With Onion Gravy)

Prep time: 5 mins, Cook time: 20 mins, Total time: 25 mins

Serves: 2

Ingredients

1 tbsp oil

2-4 English Bangers

½ large onion, halved and finely sliced (yellow, white or brown)

1 garlic clove, minced

1 ½ tbsp flour

1 cups beef stock/broth

Instructions

Heat oil in a large skillet / fry pan over medium high heat. Add sausages and cook, turning, until browned as much as possible all over and cooked through. Cook time will differ depending on sausage size, around 8 minutes. Remove sausages onto a plate. Turn heat down to medium.

2 tbsp oil should be left in the skillet. If not, add butter or oil. Add onion and garlic, cook until golden brown - around 4 minutes. Add flour and mix through. Add about 1/3 cup of beef broth and mix into the onion so it becomes a sludge. Then add remaining beef broth and mix until combined.

Simmer, stirring, until the gravy thickens but is slightly thinner than you want - it will thicken more as you serve it. Season with salt and pepper. Serve sausages with plenty of gravy, with mashed potato and veggie on the side.