FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Sausages in Cider Mushroom Sauce



Serves	Prep Time	Cooking	Total Time	Calories
6 people	**5 minutes**	**35 minutes**	**40 minutes**	**369 kcal**

Stuff that's in it:

• 12 Thick Sausages (I Used Edwards Of Conwy)

• 1 Onion , Chopped

• 250G Chestnut Mushrooms (Sliced)

• 250 Ml Cider (I Used Black Dragon Welsh Cider)

• 150Ml Chicken Stock

• 2 Tbsp Wholegrain Mustard

• 200Ml Single Cream

• 80G Frozen Peas

• 170G Fine Green Beans (Steamed)

What you do:

Heat a large fry pan, gently brown and cook the sausage all over for around 10 minutes , remove and set aside.

In the same pan , add the chopped onion and mushroom and gently cook for around 5 minutes until softened.

Turn up the heat a little and add the cider , cook gently for a minute then add the stock and the mustard , then add the sausages back in , bring to a bubble and simmer for 5 minutes, reducing the liquid slightly.

Add the peas and heat through for 5 minutes , then turn down the heat and mix in the cream.

Gently bring back up to heat then remove and serve with the steamed green beans.

*Increase fibre , add mashed sweet potato or swede for more nourishment

*Less fat , add 70% less fat sausages for higher protein but lower fat and calories

Nutrition

• Carbs: 11g

• Fat: 24g

• Protein: 21g

• Fibre: 4g

• Saturated Fat: 9g

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