



CURRIED SAUSAGES (SERVES 4)

INGREDIENTS

500g sausages
400g can diced tomatoes
1 cup water (not provided)
1 onion (sliced)

420g can peas and carrots,
(drained)
2 teaspoons curry powder
4 medium potatoes
(6 if they are small)

1 teaspoon oil (not provided)
Salt & pepper to taste
(not provided)

UTENSILS

Large saucepan
Medium saucepan
Wooden spoon

Measuring cup or jug
Chopping board
Knife
Tongs

Peeler
Ladle
Teaspoon
Potato masher



Scan for Meal Pack tutorial videos
FOODBANK.ORG.AU/MEALPACKS

SUPPORTED BY:



CURRIED SAUSAGES



OPTIONS

Can be served with rice instead of potatoes if preferred.

METHOD

1. Heat oil in a large saucepan. Brown sausages in the saucepan, once cooked remove from saucepan and set them aside to cool and then chop into bite sized pieces.
2. Add onion to the saucepan and cook on medium heat for 4 to 5 minutes or until soft. Add drained tin of peas and carrots to the saucepan.
3. Add 2 teaspoons of curry powder, stir until onion and vegetables are coated.
4. Add tomatoes, chopped sausages and enough water to cover all ingredients (approximately 1 cup).
5. Bring to the boil, then simmer covered for approximately 20 minutes.
6. As per the 'mashed potato' instruction card, cook potatoes in a medium saucepan of boiling water. Boil until tender and then mash.
7. Serve curried sausages with the mashed potato (or rice).



Scan for Meal Pack tutorial videos
[FOODBANK.ORG.AU/MEALPACKS](https://www.foodbank.org.au/mealpacks)

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au