

CLASSIC CURRIED BEEF SAUSAGES

INGREDIENTS:

1 tablespoon olive oil
500g thin beef sausages
1 large brown onion
2 carrots, peeled, thinly sliced
1 garlic clove crushed
1 tablespoon curry powder
1 tablespoon fruit chutney
1 1/2 cups chicken stock
Handful sultanas
1 cup of frozen peas.



Picture representative only

METHOD:

Heat oil in a large, heavy-based saucepan over medium-high heat. Cook sausages, in batches, turning, for 5 to 6 minutes or until browned all over. Transfer to a large plate. Add onion, carrot and garlic. Cook, stirring, for 5 minutes or until onion has softened. Add curry powder. Cook, stirring, for 30 seconds or until fragrant. Add fruit chutney and stock. Return sausages to pan. Cover, bring to the boil. Reduce heat to medium-low. Simmer, uncovered, for 25 minutes or until sausages are cooked through and sauce thickens.

Stir in peas and sultanas Season. Cook for 1 to 2 minutes or until heated through. Serve with steamed rice and sprinkled with parsley leaves.

Ingredients sourced from Tasman Butchers and Big Fields Fruit & Veg



CORNER OF NEALE &
STATION ROADS, DEER PARK

  BRIMBANKSHOPPINGCENTRE.COM.AU

BRIMBANK
SHOPPING CENTRE

CLASSIC CURRIED BEEF SAUSAGES

INGREDIENTS:

1 tablespoon olive oil
500g thin beef sausages
1 large brown onion
2 carrots, peeled, thinly sliced
1 garlic clove crushed
1 tablespoon curry powder
1 tablespoon fruit chutney
1 1/2 cups chicken stock
Handful sultanas
1 cup of frozen peas.



Picture representative only

METHOD:

Heat oil in a large, heavy-based saucepan over medium-high heat. Cook sausages, in batches, turning, for 5 to 6 minutes or until browned all over. Transfer to a large plate. Add onion, carrot and garlic. Cook, stirring, for 5 minutes or until onion has softened. Add curry powder. Cook, stirring, for 30 seconds or until fragrant. Add fruit chutney and stock. Return sausages to pan. Cover, bring to the boil. Reduce heat to medium-low. Simmer, uncovered, for 25 minutes or until sausages are cooked through and sauce thickens.

Stir in peas and sultanas Season. Cook for 1 to 2 minutes or until heated through. Serve with steamed rice and sprinkled with parsley leaves.

Ingredients sourced from Tasman Butchers and Big Fields Fruit & Veg



CORNER OF NEALE &
STATION ROADS, DEER PARK

  BRIMBANKSHOPPINGCENTRE.COM.AU

BRIMBANK
SHOPPING CENTRE