

Sausage Casserole & Watercress Mash

We've put a lovely fresh treat in the boxes this week: watercress! These tangy leaves are bursting with vitamins and minerals to help keep winter colds away; and are great raw or cooked (visit watercress.co.uk for lots more recipe ideas). Match handfuls of fresh leaves with some comforting buttery mashed roots (try swede and carrots too) and our own sausages, and you've got a dream dinner!

Serves 4

2tbsp olive oil

3 red onions, peeled & cut into eighths

2 garlic cloves, crushed

200g large flat mushrooms, sliced

150ml red wine

400g can chopped tomatoes

200ml chicken stock or water

2 sprigs fresh rosemary

8 sausages

1kg potatoes, peeled & quartered

25g butter & 120ml milk

2tbsp crème fraîche

85g watercress, very finely chopped, plus sprigs to serve



Heat half the oil in a flameproof casserole dish and brown the onions for 10 minutes.

Add the garlic and mushrooms and cook for a further five minutes. Stir in the wine, stock and tomatoes. Add the rosemary and bring to the boil. Heat the remaining oil in a frying pan and brown the sausages evenly for five minutes. Transfer the sausages to the casserole and season. Cover and simmer over a low heat for 40 minutes. Bring the potatoes to the boil and cook for 15-20 minutes. Drain well and return to the pan. Mash in the butter, milk and crème fraîche, stir in the watercress and season to taste. Serve with the sausages.



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