

Sage & Onion Sausages with Tatties'n'Slaw

Serves 4-5 people

Sometimes you just want saussies and spuds for dinner, right? It's a nice easy meal to put together and generally, the whole family will love this one. These gluten-free, vegan sausage infused with sage and onion give us a guilt-free sausage experience – what's not to love. To keep it balanced and all-round healthy and nutritious for this recipe, we team up these tasty saussies with some new potatoes and a lovely crunchy slaw. A great hearty meal all year round and if the mood takes, feel free to change it up and swap out the tatties for some brown rice, quinoa or kumara chips and the slaw for a nice green salad – YUM!

Difficulty Level: Easy

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 30 minutes

INGREDIENTS

- 2 packs of TONZU Vegan Sausages Sage & Onion flavour
- 3 cups or more, new potatoes

For the slaw

- ¼ green cabbage, sliced finely
- ¼ red cabbage, sliced finely
- 3 spring onions, sliced finely or 1 red onion diced finely
- 1 red capsicum, diced small
- 1 yellow capsicum, diced small
- 2 stalks of celery, sliced finely on an angle
- 3 carrots, grated

HOW TO MAKE

1. Pre-heat the oven to 175oC.
2. Place new potatoes in water and bring to boil, simmer for 20 -30 minutes, depending on the size of potatoes.
3. While potatoes are cooking, make the sausages and prepare the slaw.
4. Fry the sausages in a small amount of olive oil in a non-stick pan turning regularly, cook in your oven at 175oC coated in a little oil, turning after 8 minutes or grill on the barbeque!
5. Put all of the prepared slaw vegetables into a serving bowl. Whisk together the dressing ingredients or shake in a jar until well combined and drizzle the desired amount onto your slaw, tossing it to coat the veggies.
6. Keep any leftover dressing in the pantry with your oils for an on-hand zesty vinaigrette for easy meal prep! Enjoy.....



For the Vinaigrette

- 3 parts olive oil (about ½ a cup)
- 1 part vinegar (mixed combination of apple cider, red wine & balsamic)
- 1 tsp tamari sauce (optional)
- 1 lemon, juiced (optional)
- 1-2 cloves of garlic, crushed (optional)
- 1 tsp wholegrain mustard
- 1 tsp honey/maple syrup
- Salt & pepper to taste