

Curry Sausages



Recipe supplied by Meat & Livestock Australia (MLA).

Ingredients

600g beef sausages

1 tbsp olive oil

1 onion, chopped

1 Granny Smith apple, grated

3 carrots, thinly sliced

1 garlic clove, grated

1 tbsp curry powder

1 tbsp plain flour

1 1/2 cups beef stock

1/4 cup tomato chutney

1 cup frozen peas

Salt & pepper

Steamed rice and fresh parsley, to serve

Method:

1. Heat half the oil in a large, heavy-based saucepan over medium heat. Cook sausages in batches for 5-6 mins, just until evenly browned – they will finish cooking in the sauce. Transfer to a large plate.
2. To the same pan, add remaining oil, onion, apple, carrot and garlic. Cook for 5 mins, stirring frequently. Add curry powder and flour, cook for a further 30 seconds until fragrant. Add tomato chutney and stock, return sausages to pan, and bring to the boil. Reduce heat to low and simmer 20 mins until sausages are cooked through and sauce has thickened.
3. Remove pan from heat and stir through peas. If desired, carefully remove sausages from pan, cut into bite-sized pieces, and return to sauce. Season to taste with salt and pepper. Serve curry with steamed rice and parsley.