

Simple Sausage Casserole Recipe

Thank you to customers Lola and Bill Jones for recommending this Tesco Real Food recipe. They recommend substituting the tinned tomatoes for passata for a better flavour.

Ingredients

- 1 tsp olive oil
- 1 red onion, sliced
- 8 pork sausages
- 3 garlic cloves, finely chopped
- 2 rosemary sprigs
- 2 x 400g tins chopped tomatoes
- 1 beef stock cube
- 2 red, yellow or orange peppers, roughly chopped
- 1 tbsp honey
- 1 tbsp Dijon mustard
- ½ Savoy cabbage, roughly chopped

Method

1. Heat the oil in a shallow casserole, then add the onion and sausages. Fry over a medium heat for 5 mins, stirring regularly, until the onions are softened and the sausages are browned all over.
2. Stir in the garlic and rosemary and cook for 1 min. Add the tomatoes and crumble in the stock cube. Give everything a good stir and bring to the boil before mixing in the peppers. Simmer, uncovered, on a low heat for 20 mins, stirring occasionally.
3. Stir in the honey, mustard and cabbage; season. Cover and cook for a final 5 mins until the cabbage and sausages are fully cooked through.

Freezing and defrosting guidelines

Follow the recipe to the end of step 2. Stir in the honey and mustard but omit the cabbage. Allow to cool completely then transfer to an airtight, freezer-safe container, seal and freeze for up to 3 months. To serve, defrost thoroughly in the fridge overnight before reheating. To reheat and serve, place over a medium heat, stirring occasionally until the dish is heated through. Add the cabbage and finish cooking as in step 3.