



ONE-PAN SUPPER WITH HONEY, MUSTARD, PORK BANGERS & ROASTED VEGGIES

You can't go wrong with honey, mustard and pork bangers. This recipe is as easy as whisk, toss and roast, all done in our 30 cm Gourmet Fry Pan for an effortless family meal.

INGREDIENTS

Serves 4–6

45 ml (3 tbsp) wholegrain mustard

30 ml (2 tbsp) honey

45 ml (3 tbsp) apple cider or white grape vinegar

45 ml (3 tbsp) olive oil

salt and black pepper to taste

2 onions, cut into thin wedges

200 g whole cherry tomatoes

250 g brown mushrooms, quartered or button mushrooms, halved

4 baby marrows, thickly sliced

1 kg (16) pork sausages (bangers), whole

2–3 large spinach leaves, halved and cut into thick strips

METHOD

1. Preheat the oven to 200 °C.
2. Mix the mustard, honey, vinegar, and oil together in a large jug. Season to taste.
3. Spoon vegetables, except the spinach, into an AMC 24 cm Dome & Seal and pour half the marinade over. Toss until well coated. Spoon into Gourmet Fry Pan.
4. Add sausages to the Dome and pour the remaining marinade over. Toss until well coated. Arrange the sausages on top of the veggies and pour any remaining marinade over.
5. Roast for 20 minutes, remove from oven and give the unit a good shake or stir through. Continue roasting for another 25 minutes or until the sausages are golden brown and cooked through.
6. Stir spinach into the warm mixture and serve immediately. If preferred, serve the sausages and vegetables on a starch of your choice.