

One Pan Bangers

Serves 6

Time – 40 Mins

Ingredients:

1 Tbsp Vegetable Oil
2 Packs of Village Larder Sausages
1 Onion (red or white), peeled and sliced
400g Can of Cannellini Beans, Drained and Rinsed
400g Can of Chopped Tomatoes
1 Tbsp Golden Syrup
2 Tsp Worcestershire sauce or dash of Tabasco to taste

Method:

Heat the oil in a large frying pan until hot and fry the sausages over a medium heat for 20 minutes, turning now and again, until deep golden and sticky. Remove the sausages from the pan and set aside.

Add the onion and cook for 3-4 minutes until softened, Tip in the beans and tomatoes, stir thoroughly and cook for 2-3 minutes, then stir in the syrup, Worcestershire or Tabasco and a can of hot water. Cook for a further 2 minutes or until slightly thickened.

Return the Sausages to the pan and cook for a further minute or two.

Serve with Crusty bread or some Mashed Potato & Veg.

Substitutes:

Cannellini beans – Baked Beans (just miss out the Syrup)

Golden Syrup – Honey or Treacle