



CURRIED SAUSAGES- SERVES 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 250g beef sausages (Tofu, Lentils, TVP, - MF)
- 1 tsp garlic minced
- 1/2 onion
- 1 celery
- 1 carrot, peeled
- 1 tablespoons curry powder (*1/2 tablespoon extra if performing optional step 2*)
- 1 1/4 cups beef stock (*1/2 cup extra if performing optional step 2*) (Vegetable Stock- MF)
- 1/2 tsp sugar
- 1/4 teaspoon salt
- 1 tablespoons cornflour
- 1/2 cup frozen peas

To Serve:

- Serve over rice, mashed potato or noodles!

Equipment:

- Deep Fry Pan/ Skillet or Large Saucepan/ Pot
- Chopping Board
- Sharp Knife
- Small- Medium Saucepan/ Pot

Method:

1. Prepare ingredients for recipe- Dice onion to desired width, slice or dice celery and carrot to desired size.
2. Optional: Roll sausages in curry powder on a plate or board until fully coated around. (Note: Does make for stronger curry flavour)
3. Heat a large frypan over medium heat. Add the sausages, turning them to brown on all sides. Remove and set aside. Keep fat in the frypan.
4. Optional: Slice sausages diagonally into pieces.
5. In the same frypan, add the garlic and onion. Cook for 2 minutes until translucent.
6. Add the carrots and celery. Cook for 3-4 minutes to soften. Stir in the curry powder and cook for 30 seconds to release the flavour.



7. Return the sausages to the pan. Add the stock and simmer on low heat for 15 minutes.
8. In a small bowl, mix the flour with 1 tablespoon of water until dissolved.
9. Stir in the peas and pour the flour mixture over the curry. Season with salt and pepper, then cook for 2 more minutes until the peas are tender and the sauce thickens into a gravy-like consistency.
10. Serve the curry over mashed potatoes, rice, or noodles.

Nutritional Tips:

- Swap beef sausages for chicken or plant-based sausages for a leaner option.
- Add more vegetables like peas, carrots, and cauliflower to increase nutrition.
- Use vegetable stock instead of chicken stock for a meat-free version.
- Reduce oil by sautéing onions and garlic in water instead.
- Serve with brown rice or whole grain bread for extra fibre.

Storage Information:

In the Fridge:

- Up to 3–4 days
 - Store in an airtight container.
 - Cool to room temp before refrigerating.
 - Reheat until piping hot all the way through
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In the Freezer:

- Best within 2–3 months
 - They'll technically be safe longer (up to 3 months+), but the sauce may separate slightly after that.
 - Freeze in portion sizes for easy reheating.
 - Use airtight containers or heavy-duty freezer bags.
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Reheating Tips:

From Fridge:

- **Stovetop:** Gently reheat over medium-low heat, stirring often. Add a splash of water or coconut milk if the sauce thickened too much.
- **Microwave:** Reheat in short bursts, stirring in between.

From Frozen:



- **Best:** Thaw overnight in the fridge, then reheat as above.
- **From frozen:** Reheat gently on the stovetop, covered, stirring occasionally. Add a bit of liquid to loosen the sauce.

Recipe Credit:

<https://www.healthymummy.com/recipe/healthy-curried-sausages-recipe/>

Nutritional Information: Per 1 Serve

Curried Sausages		
Nutrition Information		
Serving Size: 1 serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2171.6 kJ	25 %
Protein	25.9 g	52 %
Fat, total	35.9 g	51 %
- saturated	13.9 g	58 %
Carbohydrate	17.4 g	6 %
- sugars	6.1 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	8.7 g	
Dietary Fibre	4.8 g	16 %
Sodium	1691.4 mg	74 %
Vitamin C	9.1 mg	
Vitamin A	97.4 µg	
Calcium	58.3 mg	
Iron	3.4 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		
Full Info at cronometer.com </>		

Australia/NZ Label ▼