



# Cooking At Home Challenge



## Sticky Sausage Sizzle

Serves  
4

### Ingredients

- 6 -8 Sausages**
- 1 Pepper, any colour**
- 1 Medium onion**
- 1or 2 teaspoon Garlic puree**
- 4 Mushrooms**
- 1 Medium carrot**
- 1 Dessertspoon tomato puree or ketchup**
- 1 Dessertspoon soya sauce, if available (try to choose a low-salt variety)**

As an alternative, use vegetarian sausages



Remember to wash all the vegetables under running water

### How to make

- 1. Grill or oven cook the sausages**
- 2. Chop or slice pepper, remove white bits and seeds**
- 3. Remove skin from onion, slice or chop**
- 4. Add 1-2 teaspoons garlic puree**
- 5. Wash and slice mushrooms**
- 6. Peel carrots, slice thinly or use a potato peeler to make into ribbons**
- 7. Heat a pan of water, add vegetables and cook on a high to medium heat for 5 - 10 minutes, until the vegetables are soft**
- 8. Add tomato puree or ketchup, soya sauce and sausage**
- 9. Cook on a medium heat for a for a further 5-10 minutes**

**Serve with rice, pasta, noodles, couscous or a wrap.**



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