

How to...Cook Picture Recipes



Sausage Sizzler

Serves 2 - 3

Ingredients:

- 6 sausages
(use your favourite variety - meat-free, pork, beef or chicken sausages)
- 1 onion
- 2 peppers, any colour (deseeded)
- 3 mushrooms
- 1 dessertspoon of oil
- 1 teaspoon of garlic purée or 2 cloves of garlic, chopped
- 1 teaspoon of fresh, grated ginger
(you can use dried or pureed ginger)
- ½ teaspoon of chilli flakes (optional)
- 1½ dessertspoons of tomato purée
- 3 dessertspoons of light or reduced salt soya sauce
- 100ml of water

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1



Peel and chop the onion.
Wash and chop the peppers.
Wash and slice the mushrooms.

2



Place a large pot on a medium heat and add oil.
When oil is hot, add sausages turn them until brown on all sides and cook for 10 minutes.
Remove from pot and set aside.

3



Add chopped onions, peppers, garlic, ginger to the pot and cook for 3 minutes.
Add tomato purée and soya sauce to the pot, stir and cook for 5 minutes.

4



Add cooked sausages, mushrooms and water to the pot, stir well and cook on a medium heat for 10 to 15 minutes.
If too thick, add a little more water.

5



Cook noodles or rice according to manufacturers instructions. Add cooked noodles or rice to the sausage sizzler.

6



Stir well and serve when all ingredients are fully cooked and steaming hot all the way through.