



*Scotland Island Gourmet Fresh*

### **Lamb Sausages with Sweet Potato Mash**

*Prep 10 minutes  
Cook 25 minutes  
Total 35 minutes*

*Pantry  
Olive oil, butter*

*Ingredients (Listed in the order that they are used)*

	<i>2 people</i>	<i>4 people</i>
<i>Sweet potato (peeled and cubed)</i>	<i>1</i>	<i>2</i>
<i>Parsley (finely chopped)</i>	<i>½ bunch</i>	<i>1 bunch</i>
<i>Olive oil</i>	<i>1 tbs</i>	<i>2 tbs</i>
<i>Brown onion (finely sliced)</i>	<i>1</i>	<i>2</i>
<i>Green beans (finely sliced)</i>	<i>100g</i>	<i>200g</i>
<i>Lamb sausages</i>	<i>6</i>	<i>12</i>

*1/ Pop the sweet potato in a large saucepan of boiling water. Bring to the boil and cook for 10 – 15 minutes or until tender. Drain. Return to the pan and mash with a little butter, salt and pepper. Stir through the parsley.*

*2/ In a medium frying pan heat the olive oil, add the onion and cook stirring for 10 – 15 minutes or until soft and caramelised. Add the green beans and cook for a further 2 minutes or until softened. Remove from the pan and set aside.*

*3/ Place the same frying pan back over a medium heat. Add the lamb sausages and cook, turning occasionally for 10 – 12 minutes or until cooked through.*

*4/ To serve, divide the sweet potato mashy loveliness between the plates, top with sausages (3 per person) and onion and bean mixture. Gobble, gobble, gobble.*