

Red Onion & Rosemary Sausages with Balsamic Roast Vegetables and Sweet Potato Puree

Linda McCartney

Ingredients

2 large red onions, peeled and chopped into chunks
1 butternut, peeled and cut into chunks
2 Large courgette cut into large semi rounds
300g of button mushrooms
2 garlic cloves roughly chopped
1.5 teaspoons dried sage
Salt and pepper to taste
75ml balsamic vinegar
100ml runny honey
50ml olive oil

Ingredients for Sweet

Potato Puree

1kg sweet Potato, peeled and chopped
1 garlic clove
100g butter
Salt and Pepper to taste

Method

Balsamic Roast Vegetables – Preheat the oven to 200°C. Place all the ingredients in a roasting tray and mix together well. Place in the oven for 25-30 minutes stirring occasionally.

Sweet Potato Puree – Bring a pan of water to the boil. Add the sweet potato and garlic cloves and cook for 10-15 minutes or until the potatoes are tender. Drain and place in a blender with the butter and seasoning, blitz until smooth and creamy.

Sausages – Cook as per package instructions.

Using a tablespoon, place a good amount of the sweet potato puree to one side of the plate and, using the back of the spoon spread across the plate in one easy motion. Place a generous helping of the roasted vegetables on the spread puree and top with the sausages.

Taste a rainbow of flavours!