

# Sticky Sausages with Cauliflower Mash



**Serves 3    Prep 20 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

2 tbsp olive oil

6 Heck 97% pork sausages

400g pack small shallots, peeled & halved

3 rosemary sprigs

300ml fresh chicken stock

1 tsp clear honey

1 heaped tsp mustard

1 cauliflower (± 1.2kg), base & leaves trimmed

9 tbsp whole milk, depending on the size of the cauliflower

small handful chopped parsley, to serve

1. Heat 1 tbsp oil in a large frying pan over a medium heat and add the sausages, shallots and rosemary. Fry for 10 minutes, stirring regularly, until golden. Pour in the stock, honey and mustard; simmer for another 10 minutes until the sausages are cooked through with no pink meat remaining in the middle, and the sauce is sticky.
2. Meanwhile, in a large, lidded saucepan, heat the remaining 1 tbsp oil over a medium heat. Halve the cauliflower, cut out and discard the tough core, then slice quite finely. Add to the pan and cook for 5 mins, stirring occasionally. Cover and cook for another 10 mins or so until completely tender.
3. Uncover the cauliflower, add the milk and cook for another 5 - 7 mins. Tip into a food processor and whizz until smooth ( or use a stick blender in the pan); season with black pepper. Serve the sausages with the cauliflower mash and shallot gravy, plus steamed greens, if liked; garnish with the parsley.
4. Tip: For a more full-bodied gravy, try swapping the chicken stock for pale ale or cider.