






DEVILLED SAUSAGES

 10 minutes
 45 minutes
 4 portions

INGREDIENTS

- 600 grams of pork sausage, pan-fried
- 1 clove of garlic, raw [3 g]
- 2 large onions, Sliced[300 g]
- 1 medium unit of apples, diced [172 g]
- 400 grams of tomatoes, crushed, canned
- 2 packed tsps of sugars, brown [9 g]
- 1/4 cup of sauce, barbecue [72 g]

COOKING METHOD

- 1° Pan-fry sausages until browned and just cooked. Remove and cool slightly.
- 2° Chop into pieces and place into a casserole dish.
- 3° Heat oil in the same frying pan you cooked sausages in and fry garlic, onions and apple until soft.
- 4° Add to sausages
- 5° Mix together remaining ingredients and pour over sausages, apple and onion mix.
- 6° Cover casserole and cook in oven at 180C for 25-30 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (389 g)	% DRI
ENERGY	158 kcal	615 kcal	31 %
FAT	11 g	41 g	64 %
FATTY ACIDS, TOTAL SATURATED	3 g	13 g	67 %
CHOLESTEROL	33 mg	129 mg	43 %
SODIUM	410 mg	1595 mg	66 %
CARBOHYDRATE	8 g	32 g	11 %
SUGARS	6 g	22 g	—
FIBER	1 g	4 g	17 %
PROTEIN	8 g	31 g	—