



PAN-FRIED SAUSAGE & VEG

Serves 4

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INGREDIENTS

- 400g sausages, pricked
- 750g potatoes, washed or peeled
- 1 large carrot, washed or peeled
- 1 onion or red onion
- 1 red pepper
- 1 clove garlic
- Salt and pepper
- Oil or butter

METHOD

1. In a large frying pan on a medium heat, fry the sausages in a little oil/butter until cooked through.
2. Meanwhile (and not forgetting to turn the sausages occasionally) dice the potato, carrot, onion and pepper into small chunks (about 1cm cubes). Finely chop the garlic.
3. Once the sausages are cooked, remove them from the pan and slice them with a knife and fork before setting aside. Add the potato to the pan and start to fry it (add some more oil/butter). When the potato is soft, remove from the pan and set aside.
4. Fry the onion and carrot until soft. Then add the pepper and garlic and fry for a couple of minutes, before adding the sausages and potatoes back into the pan. Mix together, make sure everything is cooked to your liking, before seasoning to your taste and serving.