

SAUSAGE AND APPLE PIE

Comfort food that can be made ahead and frozen. Tart dessert apples are best & don't scrimp on the sage. Serves 2



3 good pork sausages (185g)
1 tsp sage
1 eating apple – Granny Smith or Cox
400g potato
20g butter
40ml milk
½ tsp ground nutmeg
Salt, pepper

Hints, Tips and Variations

- ◆ *Wheat & gluten free if gluten free sausages are used.*
- ◆ *Use a plain pork sausage - don't be tempted to use a flavoured one.*
- ◆ *Use either fresh or dried sage.*
- ◆ *Make sure the mash is well flavoured.*

Boil the potatoes & mash with butter, milk & nutmeg. Season to taste with salt & pepper.

Peel, core & finely slice the apple, remove the skins from the sausages.

Set the oven to 180C/350F/ Gas4.

Put a layer of apple in the bottom of an oven proof dish, tear off blobs of sausage & scatter on top. Sprinkle with sage, then repeat with another layer of apple, sausage & sage.

Top with the mashed potato and bake for 45min.

Per serving 424Kcal, 13.1g Protein, 21g Fat (9.5g saturated), 47.4g Carbs, 11.2g Sugar, 475mg salt