

Difficulty:
Easy



Time:
40 minutes



Sausage ragu

with rice



Allergens: gluten

What is it?

This saucy dish is a cheap and cheerful meal for a busy evening. With simple ingredients, it's sure to be a hit with even the fussiest eaters!

AVERAGE COST
PER PERSON

£1.25

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Garlic clove	1	1	1
Oregano	1 tsp	1 tsp	2 tsp
Carrots	2	3	4
Spring onion	2	2	2
Mushrooms	8	12	16
Sausages	4	5	6
Chopped tomatoes	400g	400g	400g
Ketchup	1 tbsp	2 tbsp	3 tbsp
Rice	150g	200g	250g

Kit list:

- Saucepan
- Frying pan

Make it your own!

You can adapt this basic recipe by adding leftover veggies like chopped celery or thicken it by adding new potatoes and skipping the rice. Anything goes!

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What to do:

Step 1: Heat a little oil in a frying pan. Squeeze the sausage meat out of their casing into the pan, breaking it up into chunks with a spoon. Cook until the meat begins to brown on the outside.



Step 2: Chop the garlic, carrots and spring onion and add to the pan, along with the oregano. Once they start to soften, add the chopped tomatoes and simmer over a medium heat for 10 minutes.

Step 3: Add the mushrooms and continue to simmer for 10 minutes. Then stir in the ketchup. Continue to simmer, stirring occasionally, until the sausage meat is cooked through.



Step 4: Meanwhile, boil the rice in a saucepan of hot water for around 10 minutes until cooked to taste.

Serve: Drain the rice and scoop onto plates. Spoon a helping of ragu on top, making sure to get plenty of the tasty sauce. Tuck in!



What did you think of this recipe? Colour in the stars to give it a rating!

