

MAMBO – MAMBO SAUSAGE AND MASH



Serves 4
Cooking time About 40 minutes
Oven temperature Gas Mark 4, 180°C, 350°F

INGREDIENTS

6	(1lb)	Chunky traditional pork sausages
2		Cloves garlic, crushed
1		Orange, rind removed and juice of half
1		Green chilli, seeds removed and finely chopped
		Seasoning
1 small		Squash or pumpkin, seeds removed and cut into chunky wedges or cut in half

Fried Black Beans

1 x 15mlsp	(1tbsp)	Olive oil
1		Onion, finely chopped
1		Clove garlic, sliced
2		Sprigs fresh thyme/or pinch of dried
1		Bayleaf
1		Green chilli, seeds removed and finely chopped
1 (approx 400g)		Can black beans, drained and rinsed

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.

Place the garlic, orange rind, and juice from one half, chilli and seasoning into a bowl. Add the sausages and coat thoroughly.

Place the squash into a large roasting pan. Add the sausages and spoon over the mixture. Cut the remaining orange half into wedges and place in the pan.

Cook uncovered, in a preheated oven for about 40 minutes, until the sausages are browned and the squash/pumpkin is tender. (If cooking the squash in halves it may take longer to cook.)

Make Beans: Place the oil in a small pan and heat. Add the onion, garlic, herbs and chilli, and cook gently until soft. Add the beans and a small splash of water. Gently simmer for 4-5 minutes until heated through and the flavours have combined well.

Remove the cooked flesh from the squash and mash with black pepper and a knob of butter. Serve the squash with the sausages and drizzle with any pan juices. Alternatively serve the squash either as wedges or in halves