

Bangers and Mash (low Carb and Gluten Free)

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Ingredients

4 sausages (I used sweet Italian)
1 cup sliced raw onions
1 Tbsp olive oil
1 Tbsp butter
1/2 cup chicken stock
2 Tbsp red wine (optional)
2 Tbsp heavy cream
salt & pepper to taste
2 cups cheesy cauliflower puree
chopped parsley to garnish

Directions

Cook the sausages in a medium saute pan until browned and cooked through. Remove from the pan and set aside. Add onions to same pan, along with the butter and olive oil. Cook for 5 – 7 minutes at medium heat until onions are browned and softened. Add chicken stock and red wine (if using) and cook for another 3 – 5 minutes until reduced. Add the heavy cream and cook another 2 minutes. Season with salt and pepper. Add sausages back to the pan with the onions for a couple more minutes until heated through. To plate, place 1/2 cup of cauliflower puree in a shallow bowl. Add one sausage to each plate and top with onion gravy. Garnish with chopped parsley or another herb of your choice.