

# EPIC BAKED HONEY AND MUSTARD BANGERS

THURSDAY • Serves 4 • Ready in 45 minutes • Active cooking time 15 minutes

### WHAT YOU NEED

8 pork bangers  
2 red onions, cut into sixths  
2 apples, cut into sixths  
2 sprigs fresh thyme or rosemary or 1 tsp dried mixed herbs

### *Honey and Mustard Sauce*

Mix together 1 Tbsp each of honey, Dijon or wholegrain mustard and olive oil + 2 Tbsp each lemon juice and chutney

### *To serve*

Cauli- or potato mash  
Baby peas

### WHAT TO DO

Preheat the oven to 180°C.

Add all the ingredients, including the cooking sauce, to a large, shallow ovenproof dish. Toss well until combined, cover with foil and bake for 20 minutes. Remove the foil and bake for a further 15–20 minutes (while you prepare the sides).

Meanwhile, prepare the cauli- or potato mash and baby peas.

Once the sausages are cooked and golden, remove the dish from the oven, pour in 1/3 cup just-boiled water and leave to stand for a few minutes. Then stir gently to create a delicious gravy in the pan. Serve immediately.

