Healthy Devils

SERVES: 4

INGREDIENTS

- 8 Peppercorn Extra Lean Beef Sausages
- 1 tbsp olive oil
- ½ cup water
- 1 tsp light soy sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp mustard
- 2 tbsp salt reduced tomato paste
- 1 tbsp brown sugar

PREPARATION

1. Heat sausages in pan with a little olive oil over medium heat.
2. Combine all other ingredients with water and make a sauce.
3. Add to browned sausages and cook for a further 5-10 minutes.
4. Serve with mixed vegetables.

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