



Curried Sausages

SERVES 4

INGREDIENTS

Olive oil spray
4 x 120g soy sausages, sliced (females)*
4 x 220g soy sausages, sliced (males)*
1 brown onion, sliced thinly
1 clove garlic, thinly sliced
1 tablespoon curry powder
1 teaspoon mustard powder
1 green pepper, seeded and diced thinly
1 carrot, peeled and sliced
1 cup mushrooms, sliced
1½ cups vegetable stock
75g smooth ricotta cheese
1 cup green beans, trimmed and cut into third

*When using packaged protein check the nutritional label. There must be less than 5g carbohydrates per 100g serve.

METHOD

1. Heat a large pan on high and spray with olive oil. Add sausages, onion, garlic, curry powder, and mustard. Cook stirring continuously until sausages are starting to colour.
2. Add pepper, carrot, and mushrooms and cook for 5 minutes.
3. Add stock and bring to the boil. Reduce heat to medium, add the ricotta and simmer for 10-15 minutes. Add beans, cook for a further 10 minutes and serve immediately.

