



Skinless Sausages with Tomato Sauce

SERVES 4

INGREDIENTS

Sausages

480g lean beef mince
1 small onion, grated
1 garlic clove, crushed
1 tbs chopped coriander
1 tbs chopped parsley
1 tsp sweet paprika
¼ tsp ground black pepper
1 tsp cumin
Pinch of chilli powder

Tomato Sauce

2 tsp olive oil
1 onion, finely diced
1 garlic clove, crushed
1 tsp cumin
400g can of tomatoes
½ tsp Tabasco sauce (or to taste)
1 tbs lemon juice
1 tbs chopped parsley
1 tbs chopped coriander
Olive oil spray

METHOD

Sausage

1. Combine all the ingredients in a bowl and mix well using your hands. With wet hands form the mixture into eight sausages. Refrigerate for 30 minutes.
2. Heat a frying pan or grill plate over medium heat, spray with olive oil. Fry sausages on all sides. It's fine if still slightly pink in the middle. Serve with the tomato sauce.

Tomato Sauce

1. Heat the oil in a medium saucepan and cook the onion until soft. Add the garlic and cumin and stir until fragrant. Add the tomatoes, tabasco sauce and lemon juice.
2. Simmer for 20 minutes or until thickened, stirring occasionally. Add the herbs and stir through.

