

More than 45 minutes

Serves 4

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Ingredients:

- 2 large (about 800g each) orange or regular sweet potatoes, peeled and cubed
- 3 Tbsp (45ml) butter (optional)
- Generous splash milk
- 1 tsp (5ml) chilli flakes
- Salt and milled pepper
- 2 Tbsp (30ml) canola oil
- 1 packet (about 500g) pork bangers
- 4 large onions, peeled and quartered
- 2 Tbsp (30ml) chopped fresh parsley

Method:

1. Cook sweet potatoes in a large pot of salted boiling water for 8 minutes, or until soft, then drain and rinse.
2. Mash potatoes with the back of a spoon.
3. Stir through half the butter (if using) and milk.
4. Stir through chilli flakes. Season and set aside.
5. Heat oil in a large pan and fry pork bangers over medium heat for 4-6 minutes per side, or until cooked through. Remove from pan.
6. Add onions to pan and fry for 3-4 minutes per side, or until slightly charred.
7. Return bangers to pan and toss through remaining butter (if using).
8. Season and sprinkle with parsley.
9. Serve bangers with mash and charred onions on the side.