



Spicy Sausage Stir Fry

Servings: 3-4

Prep Time: 10min

Cook Time: 10min

Ingredients

- 1 packet potato and leek soup mix
- 25 ml olive oil
- 2 Chorizo sausages, sliced diagonally
- 1/3 head fresh broccoli, rinsed and broken into tiny florets
- 1 small red pepper, thinly sliced into matchstick strips
- 60 ml tomato sauce
- 30 ml chopped fresh parsley
- freshly ground black pepper to taste

Directions

1. Prick the packet of soup mix several times and microwave on 100% Power for 5 minutes. Open the packet for steam to escape.
2. In a wok or pan, fry the potato leek mix in the olive oil, tossing until tender and cooked. Remove from the pan and set aside to keep warm.
3. In the same pan, fry the sausage slices over high heat, in batches, for 3-4 minutes each. Drain on kitchen paper briefly and set aside.
4. Add the broccoli and red pepper slices and stir-fry briefly. Stir in tomato sauce and parsley and season with black pepper. Add the sausages and reheat.
5. Serve on top of the potato-leek mixture.