

SAUSAGE, CARROT & ZUCCHINI HOTPOT





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Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 4-6

2 red onions, thickly sliced

4 carrots diced

6 cloves garlic, minced

1 bunch thyme leaves

2 Tbsp ghee

6 pork and fennel sausages, sliced

2 Tbsp plain flour

1 tsp celery salt

2 cups dark beer

1L beef stock

4 medium zucchini, diced

1 bunch parsley, chopped

1 cup roasted capsicums, cut into fine strips

1 Sauté the onions, carrots, garlic and thyme in ghee for 5 minutes, until softened, then set aside. Add the sausages to the saucepan and cook until browned. Sprinkle with flour and celery salt, cook briefly, then return the vegetables and pour in the beer and stock. Simmer for 5 minutes.

2 Add the zucchini, cook for 5 minutes, then fold in the parsley and capsicums.