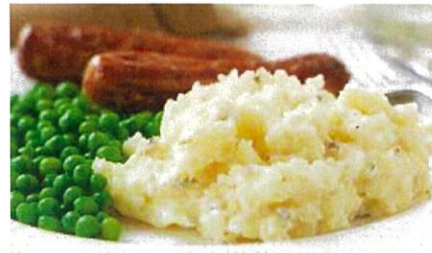


## Sausages, mashed potato and peas















- spray oil
- sausages (number of choice)
- potatoes (number of choice)
- 2 tablespoons butter
- dash of milk
- salt and pepper
- 2 cups of frozen peas



*Serve with tomato sauce or instant gravy*

### Method

1. peel the potatoes and place in saucepan with cold salted water, turn stove to medium heat until boiling. Cook for 6 minutes or until tender
2. place frozen peas into microwave proof dish
3. spray frypan with oil and heat gently
4. place sausages in the frypan turning them regularly
5. drain potatoes and add butter, milk and salt and pepper
6. using a potato masher, mash potato mixture
7. microwave peas for 3 minutes or until warm
8. remove sausage and place on plate lined with paper towel
9. serve sausages, mashed potato and peas together on a dinner plate

Ingredients	What I will need
 spray oil	 saucepan
 sausages	 Frypan
 potatoes	 microwave proof dish
 butter	 mixing spoon
 milk	 potato mash
 salt and pepper	 paper towel
 peas	 plate















## Stuffed Potatoes

- teaspoon oil
- large potatoes
- beef mince
- 1 onion chopped
- 1 teaspoon of minced garlic
- 1 carrot chopped
- 2 sticks of celery sliced
- 1 packet Taco seasoning
- salt and pepper
- sour cream and sweet chilli sauce
- grated cheese
- chopped spring onions for the top



## Method

1. Peel and boil potatoes
2. Heat oven to medium heat
3. Place mince, onion and garlic in the frypan (on a medium heat) and cook
4. Add carrot, celery, taco seasoning and salt and pepper
5. Fry meat and vegetable mixture until cooked
6. Squash potatoes onto a lined oven tray until flat
7. Spoon meat and vegetable mixture on top and sprinkle with grated cheese
8. Place in oven until cheese is melted
9. Serve on a plate with sour cream and sweet chilli sauce on top

Ingredients	What I will need
 potatoes  mince	 saucepan
 onion  celery	 frypan
 seasoning  salt & pepper	 knife and board
 sour cream  cheese	 oven tray
 chilli sauce  spring onions	

## Food trends of the past

Fondue



Duck al Orange



Pigs in a blanket



Jelly Salad



Meatloaf



Prawn Cocktail



Deviled eggs



Baked Alaskas



