

Baked Vegan Sausages with Mustard, Apples & Blackberries



aroma
KITCHEN

INGREDIENTS

4 Quorn Vegan Bangers

- 1 apple, halved
- 1 onion, cut into wedges
- 1 rosemary sprig
- 2 tbsp maple syrup
- 1 tbsp Dijon mustard
- 1 tbsp extra-virgin olive oil
- 1 garlic clove, crushed
- Sea salt flakes and freshly ground pepper
- 75ml chicken stock
- 60g blackberries



METHOD

- 1 Preheat the oven to 190°C fan or Gas Mark 6.
- 2 Put the sausages, apples, onions and rosemary into a heavy flameproof casserole dish, in which the ingredients can lie in a single layer. There should not be a lot of space around the ingredients as the juices will reduce and burn.
- 3 In a small bowl, mix the maple syrup, mustard, olive oil and garlic, then pour this mixture into the pan. Season and turn the ingredients to coat them in the syrupy mixture. Bake for 40-50 minutes, turning the sausages once. Sausages should be dark and the apples completely soft.
- 4 Remove the dish from the oven and place over a medium-high heat, pouring in the stock. Bring almost to the boil, stirring to help the syrup and mustard mixture to amalgamate with the stock.
- 5 Add the blackberries to heat through and do not stir.