



LUNCHBOX – TASTY LUNCHES FOR PEOPLE IN A HURRY

NEWSBITES

RECIPES FROM
THE FOLKS AT
LUNCHBOX



LunchBox 12-minute bangers and potato crush works really well as a school lunch too. Get one of these lunch pots to help keep your child's lunch hot for up to six hours. You can add a little ketchup on the top or your child can add ketchup from the school canteen.

12-minute bangers & potato crush

All kids love bangers and mash but where would you get the time to cook this for lunch? Well, here at LunchBox Laboratories our top boffins have worked out a magical way to come up with the goods in around 10 minutes.

YOU WILL NEED:

Frying pan
Microwave, microwave dish & cover

INGREDIENTS:

(Serves 2)

6 medium sized potatoes
4 standard sausages

METHOD:

Cut each potato into four equal parts and place in a microwaveable dish. Do not peel them.

Add a cup of water to the potatoes and cover.

Put in microwave and put on full power for 10 minutes.

Meanwhile add some oil to the pan and fry the sausages, turning often. (Add some chopped onion if you like.)

When the potatoes, drained them and mash them roughly, skin and all, with a nob of butter and salt to taste. Serve with a pile of mash, sausages sticking up.

ALTERNATIVE MASH

Liven up your mash by adding carrots and/or chopped spring onions.

This recipe works well with mash left over from the night before.

LUNCHBOX – TASTY LUNCHES FOR PEOPLE IN A HURRY

To unsubscribe click [here](#).

To get back issues of NewsBites click [here](#).

To visit the website [click](#) here.



FOLLOW US

