

STICKY SAUSAGES, man

- 8 Good quality English sausages
- 2 Sweet Potato
- 3 Parsnip
- 2 Cloves Garlic
- 1 Red Onion
- 2 tbsp Honey
- 1 tbsp Brown Sugar
- 1 tbsp Sweet Chilli Sauce
- 3 Carrots
- 1 tsp Chilli powder
- 1 tbsp Worcester Sauce
- 1 tbsp Balsamic Vinegar
- 1 Large potato
- ½ Red Chilli
- butter (for cooking)

Method

Preheat the oven to 200 degrees. Take a large oven proof dish and melt some butter in it.

While your butter is heating, cut your root vegetables into large chunky slices. Add these to your dish along with the sausages, loosely chopped onion and garlic and finely chopped red chilli.

Cook, uncovered in the oven for 40mins or until your vegetables and sausages are almost cooked.

Mix all of the remaining ingredients in a bowl until you have a sticky paste. Pour this paste over your sausages and veg and shake the dish to coat. Cook for 20mins, or until the paste has caramelised.