

# Sticky Sausages & Paprika Couscous

## Ingredients



- 8 sausages
- 2 large onions, cut into wedges
  - 1 pepper, sliced
  - 150g mushrooms, sliced
- 150g cherry tomatoes, diced
  - 2 carrots, cut into sticks
  - 1 parsnip, cut into sticks
    - 1 tbsp oil
    - 2 tbsp honey
- 1 tbsp dark soy sauce
  - 150g couscous
  - 150ml Boiling water
    - 2 tbsp paprika
    - 2 tbsp garlic granules

## Method

1. Heat oven to 180c.
2. Put the sausages, onions, carrots, parsnips and peppers on a tray. Pour over the oil and toss until coated evenly, then put in the oven.
3. Mix the honey and soy sauce together.
4. After 15 minutes, take the tray out of the oven and add in the tomatoes and mushrooms.
5. Pour over the honey mix. Toss well to coat.
6. Turn the oven up to 200c - 220c and cook for a further 10 minutes.
7. Meanwhile, boil the kettle for the couscous.
8. Mix the paprika and garlic with the couscous.
9. Pour over the boiling water, cover and leave for 7 - 8 minutes until the liquid has been absorbed.
10. Serve the sticky sausage with the couscous on the side.