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Curried Sausages & Mashed Potatoes

A recipe for Uli's Famous Curry Chicken Sausage

Prep Time: 10 minutes
Cook Time: 20 minutes
Yield: 4 servings

INGREDIENTS:

- ½ Tablespoon olive oil
- 1 ½ pounds Uli's Famous Curry Chicken sausages (6 links)
- 2 garlic cloves, minced
- 1 onion, halved and sliced
- 1 carrot, peeled, sliced on the diagonal
- 1 Tablespoon curry powder, or more
- 3 Tablespoon flour
- 2 cups (500ml) chicken stock/broth, low sodium
- 1 teaspoon sugar
- 1/2 teaspoon salt, plus more to taste
- 1/2 teaspoon black pepper
- 1 cup peas, frozen

DIRECTIONS:

1. Heat oil in a large skillet over medium high heat.
2. Cook sausages, turning, to brown all over, then remove. Optional: slice sausages into pieces on the diagonal.
3. In the same skillet, add garlic and onion. Cook for 2 minutes until translucent.
4. Add curry powder and stir for 30 seconds.
5. Add flour and mix for 30 seconds.
6. Gradually pour in chicken stock, mixing constantly.
7. Add carrots, sugar, salt and pepper, stir well.
8. Add sausages and peas, bring to simmer and cook for 3 minutes or until sauce thickens.
9. Serve over mashed potato, rice, pasta or noodles. For low carb, try mashed cauliflower!