

SIMPLE STIR FRY WITH OYAMA FRESH SAUSAGES

The perfect weekday meal!



Meal: Dinner **Difficulty:** Easy

INGREDIENTS

2-3 fresh sausages
Butter or olive oil for
sautéing onion
½ chopped onion
Chopped vegetables

PLACE THE SAUSAGES in cold water for 5 minutes. Make a lengthwise incision in the casing and peel it off. Fashion the sausage into thumbnail size bits.

SAUTÉ ½ chopped onion with butter or olive oil.

ADD the sausage nuggets.

ADD any chopped vegetable such as sliced pepper, carrots, celery, cabbage, mushrooms, etc.

STIR everything through on medium high heat for 3-5 minutes, be careful not to burn it.

FINISH THE STIR FRY off with either a splash of white wine, some crème fraiche and coarse mustard, or with sake and soy sauce, or with coconut milk. Boil once more. Simple seasonings can be added, such as a pinch of curry, nutmeg, dried or fresh herbs, paprika, pepper, or salt.

Serve with rice, pasta or potatoes.