

Pan fried pork sausages with cheesy polenta

8	thick pork sausages, rosemary flavoured
500ml	milk
90g	polenta
20g	butter
50g	parmesan, grated
	salt and pepper
50g	baby spinach
2	red capsicum, roasted strips

1. In a heavy based pan, panfry sausages.
2. Meanwhile, bring milk to boil in a saucepan.
3. Gradually sprinkle polenta into simmering milk while whisking.
4. When the mixture has thickened to a smooth consistency, add butter, grated parmesan and season with salt and white pepper.
5. Stir until all the ingredients are combined.
6. Once sausages are cooked, remove from the pan and place aside (keep warm). Add spinach to pan and cook until wilted and then toss in the roasted capsicum strips.
7. Place a bed of cheesy polenta on a plate, top with spinach capsicum mix, then arrange cooked sausages on top.

Serves 4.



Recipe and image by Chef Jason Ford