BANGERS AND MASH

SERVES: 4 (1 sausage patty, approx. ½ cup mashed potatoes, and approx. ¼ cup gravy each) Prep Time: 25 min. Cooking Time: 36 min.

CONTAINER EQUIVALENTS (per serving): 1 1 2

FOR GRAVY:
1 cup low-sodium organic beef broth
1 tsp. unflavored gelatin (preferably from grass-fed cows)
1 tsp. ghee (organic grass-fed, if possible)
½ cup thinly sliced onion (approx. ¾ medium)
2 cloves finely chopped garlic
1 Tbsp. Worcestershire sauce
1 pinch sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 Tbsp. cornstarch (preferably GMO-free) + 1 Tbsp. water (combine to make a slurry)

FOR BANGERS:
¼ cup + 2 Tbsp. Guinness® beer
¼ tsp. unflavored gelatin (preferably from grass-fed cows)
¼ cup dry old-fashioned rolled oats, toasted
1 lb. raw 93% lean ground turkey
1 tsp. sea salt (or Himalayan salt)
1 tsp. ground black pepper
¼ tsp. ground ginger
½ tsp. ground mace
¼ tsp. ground nutmeg
¼ tsp. onion powder
1 tsp. finely chopped fresh sage
2 cups mashed potatoes, warm (see recipe notes for seasoning)

SPECIAL EQUIPMENT:
Nonstick cooking spray

FOR GRAVY:
1. Sprinkle broth with gelatin. Set aside.
2. Melt ghee in medium saucepan over medium heat.
3. Add onion; cook, stirring frequently, for 5 to 6 minutes, or until lightly browned.
4. Add garlic; cook, stirring frequently, for 2 minutes.
5. Add beef broth mixture, Worcestershire sauce, salt, and pepper. Bring to a boil, stirring occasionally.
6. Add cornstarch slurry; gently boil, stirring frequently, for 1 minute, or until thickened. Remove gravy from heat; cover. Set aside and keep warm.

FOR BANGERS:
2. Grind oats in blender (or food processor) until coarse crumbs form.
3. Combine Guinness mixture and oat crumbs in a large mixing bowl; mix well.
4. Add turkey, salt, pepper, ginger, mace, nutmeg, onion powder, and sage; mix with clean hands until sticky paste forms. Place in refrigerator until ready to cook.
5. Form sausage mixture into four equal patties (approx. ½ cup each). Set aside.
6. Heat large nonstick skillet, lightly coated with spray, over medium heat. Add sausage patties; cook, for 5 to 6 minutes on each side, or until deep brown and no longer pink in the middle.
7. To each of four plates, add a sausage patty and ½ cup mashed potatoes. Drizzle with ¼ cup gravy.

RECIPE NOTES:
• To make toasted oats, cook oats in dry skillet over medium-high heat for 4 to 5 minutes, or until lightly browned.
• This is a perfect recipe to use leftover mashed potatoes.
• If you need to make mashed potatoes, cook 2 cups cubed potatoes in large pot of water for 8 to 10 minutes, or until fork-tender; drain well. Combine potatoes with ¼ cup warm unsweetened almond milk, 1 Tbsp. ghee, ½ tsp. sea salt (or Himalayan salt), and ½ tsp. ground black pepper in a medium mixing bowl. Mash with potato masher (or back of a fork) until desired consistency is achieved.

NUTRITIONAL INFORMATION (per serving): Calories: 338 Total Fat: 15 g  Saturated Fat: 6 g  Cholesterol: 97 mg  Sodium: 1,102 mg  Carbohydrates: 25 g  Fiber: 3 g  Sugars: 2 g  Protein: 25 g

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