

Grilled Boerie, Cauli Mash and Relish

energy	protein	fat	carb	fibre	sodium	per portion
2123kJ	22g	30g	24g	9g	474mg	



Serves: 4

500g boerewors
1 head cauliflower
1T low-fat cream cheese
Olive oil, for frying
1 onion, finely sliced
2 cloves garlic, crushed

1 apple, peeled and grated
1 tin tomato and onion mix
Pinch of chilli
Few drops Worcestershire sauce
Salt and freshly ground pepper

Method:

Preheat oven to 200°C.

Place boerewors on a wire rack in a small roasting tray and roast for about 30 mins.

Heat a little olive oil and gently cook onion and garlic until soft.

Add the grated apple, tinned tomato, pinch of chilli and Worcestershire sauce.

Cook sauce gently for about 20 minutes or until thickened.

Season to taste with a little salt and pepper.

To make the cauliflower mash:

Boil the cauliflower until soft.

Drain and return to pot to mash (using a potato masher).

Mix in the cream cheese and season with a little salt and pepper.

Serve the boerewors with the cauliflower mash, tomato and onion relish and a fresh green salad.

READER'S DINNER

Nicolene Nikki Van Niekerk's "Tomato onion stew with wors and pap"

Top tip:

Boerewors is high in saturated fat. A healthier alternative is low-fat sausages, which also have a lower sodium content.

Pick n Pay

Inspired by you

Health hotline

0800 11 22 88 healthhotline@pnp.co.za