

Sausage, Baked Beans and Peas

IDDSI Level 4

Lunch / Dinner

Recipe Source: Jose at Broadmead Rest Home

Time to make: 20 minutes

Servings: 1 portion

Ingredients:

2 sausages
100ml stock or water
100g baked beans
100g garden peas
Salt and pepper
Thickener

Dietitian's Top Tips:

- Sausages and baked beans are a good source of protein. This dish is also rich in fibre.
- To increase the carbohydrate content, serve with pureed mashed potato. This can be fortified with butter, milk, cream or cheese to increase the calorie and protein content.



Instructions:

- Cook the sausages in the oven to reach 75°C.
- Blend the sausages with stock or water to make a puree. Add salt and pepper to taste.
- Add 1 measure spoon of thickener and blend it again to achieve the desired consistency. Sieve the mixture to eliminate any lumps.
- Repeat the process with the baked beans and garden peas to get a puree consistency.
- To shape each puree, place them in different piping bags with the appropriate size nozzle or hole for piping.
- Use the piping bags to plate up each puree, approximating the shape of the original meal components (see picture).