

BANGERS AND MASH DINNER BOX

• Irish Bangers and Mash

Grab these items:

Beyond Meat Sausages

Irish Colcannon (cabbage-kale mashed potatoes)

Onion Gravy

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1. To make “bangers,” follow instructions on Beyond Meat package.
2. For colcannon, preheat oven to 350 degrees. Remove the lid on the colcannon and warm it in the oven for 10-15 minutes until heated through.
3. Warm gravy in a small pot set over medium heat.

Time til you're eating: 20 minutes.