

Apple-Sausage Saute



Serves	3-4
Prep time	15 minutes
Cook time	45 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish , Side Dish
Misc	Child Friendly , Serve Hot
Occasion	Easter
From magazine	Prevention Magazine

Ingredients

- 450g chicken sausages (Failsafe from a Butcher or home made)
- 4 Golden or Red Delicious apple (peeled, quartered and cut into 1.5cm wedges)
- 2 tablespoons maple syrup

Directions

1. Boil the sausages in water for 25 minutes until cooked. Once cooked, cut into 1.5cm diagonal slices.
2. Heat a non-stick frying pan over medium heat and add the apple, and drizzle with the maple syrup. Cook, tossing until tender, about 12 minutes. Remove from the pan.
3. Add the sausage to the pan and cook, turning often, until lightly browned, about 5 minutes.
4. Add the apple back into the pan and toss with the sausage to heat through.
5. Serve with vegetables, salad, cous cous or rice.



Note

Moderate Salicylates, Low Glutamates, Low Amines

FAILSAFE sausages can be made up by some local butchers ([see recipe here](#)), or to make your own you can use my home made sausages recipe [here](#).