



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GLAZED ANDOUILLE

Time: 15 minutes

Serves: 4

Ingredients:

12 ounces andouille sausage – sliced ¼” thick
1 tablespoon sherry vinegar
1 tablespoon liquid honey
1 clove garlic - finely chopped or grated
2 teaspoons parsley – finely chopped

Preparation:

Place a frying pan on medium heat. When hot, add the sausage in one layer.

Cook the sausage for a few minutes per side until browned.

Whisk together the vinegar, honey and garlic.

Drizzle the vinegar mixture onto the sausage and stir to coat evenly. Cook for one minute.

Remove from heat, sprinkle with the parsley, toss and serve immediately.

Nutritional Information Per Serving:

Calories: 215
Fat: 15g
Carbs: 6g
Fibre: 1g
Protein: 12g