

The Food Medic -Sausage sandwich

Serves: 3 sandwiches

INGREDIENTS

- 6 sausages (veggie if required)
- 6 slices of sourdough bread (toasted)
- rocket
- butter (use dairy free if required)
- 3 tablespoons of chutney
- pickled red onion (shop bought or recipe below)
- FOR THE PICKLED RED ONION
- 1 large red onion (thinly sliced)
- 120ml apple cider vinegar
- 2 large pinches of salt
- 1 tablespoon of light brown sugar

INSTRUCTIONS

To make the homemade pickled red onion:

In a saucepan over a medium heat, combine the apple cider vinegar, salt and, sugar and gently heat for a couple of minutes.

Add onion slices to colander and rinse with cold water.

Pack the onion slices into a jar and pour the vinegar mixture over the top.

Seal the jar shut, and place in fridge to pickle for 2 hours.

To make the sandwiches:

Cook the sausages as directed on the pack, and then slice in half lengthways.

Butter each slice of the lightly toasted sourdough and assemble with the sausage, rocket, chutney, and pickled onion.

Enjoy!