



Braised Broccoli Slaw & Spicy Chicken Sausage with Mustard Sauce

Servings

4

Calories

220

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 1 (16 ounces) package Mann's Broccoli Cole Slaw
- 2 teaspoons garlic, chopped
- 1 cup chicken stock
- 4 spicy chicken sausage links, Italian or habanero

Sauce

- 2 tablespoons hot sweet mustard
- ¼ cup champagne or white wine
- ½ teaspoon dill



The Method

Place the Broccoli Slaw, chicken stock and garlic in a pan with a tight fitting lid. Turn the heat to medium and cook covered for about 10-12 minutes or until Broccoli Slaw is tender. While broccoli is braising, grill the sausages or broil them in oven for about 10-12 minutes, making sure to cook them thoroughly. Place the grilled sausage on the braised broccoli slaw and drizzle with the mustard sauce.

Sauce: Mix all ingredients in bowl and stir.

Nutrition Facts

Serving Size: 193g | Servings: 4

Amount Per Serving

Calories 220 | Calories from Fat 110 | Total Fat 12g (sat fat 4g trans 0g) | Cholesterol 60mg | Sodium 890mg | Total Carbohydrate 3g | Dietary Fiber 1g | Sugars 1g | Protein 19g | Vitamin A 10% | Vitamin C 30% | Calcium 2% | Iron 8%