

## Bonfire bangers and mash

Gravy, mmm this is what most low fodmapers miss the most. I have found a ready-made beef stock from [Atkins & Potts](#) it does contain lemon juice concentrate, but as the stock ingredients consist of only 5% of the end product, this is unlikely to prove problematic.

Not all of their products are suitable for the low FODMAP diet, but this beef stock is handy and not too expensive compared with other specific low FODMAP products.



### Ingredients

Serves 2

#### Gravy

- 1 pack of atkins and potts beef stock
- 2tsp of gluten-free flour

#### Sausages

- 6 gluten-free sausages (check other ingredients for FODMAPS)

#### Vegetables

- 80g carrots
- 80g swede
- 80g celeriac
- Spray oil
- 1tsp of Italian mixed herbs
- salt to season

#### Potatoes

- 300g potatoes
- salt to season

## Method

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Prick and grill the sausages for 20-25 minutes until cooked

Peel, season and boil the potatoes for 20 minutes and mash

Mix the 2tsp of gluten-free flour with water to make a paste and add this to the beef stock in a pan, keep stirring and cook until thickened to your preferred thickness, add hot water if it is too thick for your taste.

Peel and chop the vegetables and spray in oil. Add herbs and roast in the oven - gas mark 6, 200°C until soft.

Combine and enjoy before venturing out into the cold for bonfire night!