

Sticky Honey & Mustard Sausages

Serves: 4 | Prep: 5 minutes | Cook: 30-35 minutes

Ingredients

8 good-quality pork sausages

3 tbsp honey

2 tbsp wholegrain mustard

1 tbsp Dijon mustard

1 tbsp olive oil

1 tsp apple cider vinegar

Freshly ground black pepper

A few sprigs of fresh thyme, optional

Method

1. Heat the oven to 200°C / 180°C fan / Gas 6.

2. Put the sausages into a roasting tin, drizzle with the olive oil and cook for 15 minutes, turning once.

3. Meanwhile, mix the honey, wholegrain mustard, Dijon mustard and cider vinegar in a small bowl.

4. Remove the sausages from the oven and pour over the honey and mustard mixture. Turn the sausages until they're thoroughly coated.

5. Add the thyme, if using, and season with a little black pepper.

6. Return to the oven for another 15-20 minutes, turning the sausages once or twice so they become evenly coated in the sticky glaze.

7. They're ready when the sausages are cooked through and the honey-mustard glaze is golden, bubbling and sticky.

8. Spoon the glaze from the roasting tin over the sausages before serving.

What to serve with them

They're excellent with creamy mashed potato and peas, or with roasted vegetables. You could also cut them into chunks after cooking and serve them with cocktail sticks as a very easy party dish.

Norfolk Bees tip: Honey can catch quite quickly at high temperatures, which is why the glaze is added part-way through cooking rather than at the beginning. You get the caramelisation without burning the honey.