



Honey Glazed Sausages

A moreish, sticky treat that combines delicious pork sausages with a spiced honey glaze.

Serves: 2

Prepare: 5 Minutes

Cook: 20 Minutes

Difficulty: easy

Ingredients

- 6 [organic pork sausages](#)
- 2 tbsp honey
- 1 tbsp wholegrain mustard
- 2 tsp white wine
- zest of 1 orange
- 1 tsp fresh thyme
- ½ tsp nutmeg
- ½ tsp cinnamon
- 3 cloves, Crushed

Method

1. Heat the oven to 180°C fan
2. Toast the cloves, cinnamon and nutmeg in a dry pan until they release their aromatic oils. Add the white wine to the hot pan (this will burn off the alcohol), throw in the orange zest then remove from the heat and stir in the honey and mustard. Make sure everything's well combined
3. Place the sausages in a deep baking tray, smothering them in the glaze. Cover with foil or greaseproof paper and bake for 10 minutes. As they cook, baste the sausages a couple of times to make sure they're well covered in the sweet glaze
4. After 10 minutes, remove the foil and bake for a further 5 minutes until the sausages are golden and sticky. You can check they're cooked through by using a meat thermometer. You're looking for a core temperature above 62°C