Grilled Boerie, Cauli Mash and Relish

**Serves: 4**

<table>
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<th>carb</th>
<th>fibre</th>
<th>sodium</th>
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<tbody>
<tr>
<td>2123kJ</td>
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<td>30g</td>
<td>24g</td>
<td>9g</td>
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**Method:**

**Preheat** oven to 200°C.

**Place** boerewors on a wire rack in a small roasting tray and roast for about 30 mins.

**Heat** a little olive oil and gently cook onion and garlic until soft.

**Add** the grated apple, tinned tomato, pinch of chilli and Worcestershire sauce.

**Cook** sauce gently for about 20 minutes or until thickened.

**Season** to taste with a little salt and pepper.

**To make the cauliflower mash:**

**Boil** the cauliflower until soft.

**Drain** and return to pot to mash (using a potato masher).

**Mix** in the cream cheese and season with a little salt and pepper.

**Serve** the boerewors with the cauliflower mash, tomato and onion relish and a fresh green salad.

**Top tip:**

Boerewors is high in saturated fat. A healthier alternative is low-fat sausages, which also have a lower sodium content.

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**REALER’S DINNER**

Nicolene Nikki Van Niekerk’s “Tomato onion stew with wors and pap”