



Oven-Baked Glazed Honey Garlic Sausages



Ingredients:

- 8 pork or beef sausages
- ¼ cup honey
- 3 TBLs soy sauce
- 2 TBLs olive oil
- 4 cloves garlic, minced
- 1 medium onion, thinly sliced
- ½ tsp black pepper
- 1 TBL fresh parsley, chopped (optional, for garnish)

Ingredient Swaps & Additions:

- Swap honey for maple syrup for a slightly smokier sweetness.
- Add a pinch of chili flakes if you like a gentle heat.
- Use chicken sausages for a lighter twist.
- Throw in bell pepper slices alongside the onions for extra color and veg.

Method:

1. Preheat oven to 400°F. Place sausages in your baking dish or foil tray.
2. In a small bowl, whisk together honey, soy sauce, olive oil, garlic, and black pepper until smooth and glossy.
3. Pour the glaze over the sausages, turning to coat them well. Scatter the sliced onions in and around them.
4. Bake for 25–30 minutes, turning the sausages halfway through, until golden and cooked through.
5. Let them rest a few minutes. Sprinkle with parsley if using, and serve hot.