

## Honey Garlic Sausage: Sweet, Sticky, and Packed with Flavor

When you're short on time but craving bold, satisfying flavor, this



**TIME**  
**8 min**

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### INGREDIENTS

- 1 lb sausage links (smoked, Italian, or any favorite variety)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1/4 cup honey
- 2 tablespoons soy sauce
- 1 tablespoon Dijon mustard (optional, for depth)
- 1/4 teaspoon red pepper flakes (optional, for heat)
- Fresh parsley, chopped (for garnish)

### DIRECTIONS

- 1.** Brown the : SausageHeat olive oil in a skillet over medium heat. Add sausage links and cook until browned on all sides, about 6-8 minutes. Remove from skillet and set aside.
- 2.** Build the : SauceIn the same skillet, sautØ garlic until fragrant (about 1-2 minutes). Add honey, soy sauce, Dijon mustard (if using), and red pepper flakes. Stir to combine.
- 3.** Glaze and : SimmerReturn sausages to the pan, tossing them in the sauce. Simmer for 5-7 minutes until the sauce thickens and coats the sausage beautifully.
- 4.** Finish and : ServeSprinkle with chopped parsley and serve hot over rice, mashed potatoes, or alongside a crisp green salad.

### SWAPS & NOTES

& Swaps Sausage : Chicken, pork, turkey, or plant-based sausages all work beautifully.

Garlic : Fresh is best here-don't sub with powder.

Soy Sauce : Tamari or coconut aminos for a gluten-free option.

Dijon Mustard : Optional, but it adds complexity.

### TIPS FOR SUCCESS

Slice for Serving : Cutting sausages into coins before glazing makes for easy portioning.

Room Temp Sausages : Let them sit out for 10 minutes before cooking for even browning.

Make It a Meal : Toss in steamed broccoli or bell peppers during the last few minutes of simmering.

What to Serve With It This dish pairs perfectly with: A cold glass of blueberry lemonade A creamy side of mashed potatoes Roasted carrots or green beans Or even with a warm crusty baguette to soak up the glaze

