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## Caribbean Spicy Sausages with Roasted Veggies and Mashed Potato

This spicy dish is sure to get your taste-buds talking. Caribbean food is renowned for being full of flavour and spice so get yourself prepared! The peppers and onion will caramelise so everything will be slightly sticky, which just adds to the flavour. We've also asked our butchers at Roaming Roosters to add a bit of chilli to the sausages to give them a bit of a kick!



40 mins



spicy



gluten  
free



lactose  
free



Green Pepper



Yellow Pepper



Red Onion



Courgette



Jerk Sauce



Indian Mango Chutney



Spicy Sausage




Potato



Flat Leaf Parsley

## Ingredients

	2P	4P
Green Pepper, sliced	1	2
Yellow Pepper, sliced	1	2
Red Onion, chopped	1	2
Courgette, chopped	1	2
Jerk Sauce	1 tbsp	2 tbsp
Indian Mango Chutney	1 tbsp	2 tbsp
Spicy Sausage <b>1</b>	4	8
Potato, chopped	1 pack	2 packs
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Sulphites

**Nutrition per serving:** Calories: 894 kcal | Protein: 33 g | Carbs: 79 g | Fat: 51 g | Saturated Fat: 14 g



**1** Pre-heat your oven to 200 degrees. Now get your veggies prepped! Cut the core out of your peppers and cut them into slices about 2cm wide. Peel and chop your onion into roughly 3cm pieces. Cut the courgette in half lengthways, then cut each half into four lengths. Next chop those lengths into batons roughly the length of your little finger.



**2** Put your peppers and onion on a baking tray. Mix together 2 tbsp of oil, your jerk sauce and your mango chutney in a bowl and drizzle this over the veggies. Add  $\frac{1}{4}$  tsp of salt and a good grind of pepper to the tray, give it a good shake until everything is well coated. Prick your sausages with a sharp knife (twice per sausage) and pop them on top of the veggies.



**4** In the meantime, bring a large pot of water to the boil with  $\frac{1}{4}$  tsp of salt. Peel and chop your potatoes into roughly 2cm pieces and add them to your boiling water. Boil for 10 mins until soft. **Tip:** *The potatoes are done when you can easily slip a knife through them.*

**5** While the potatoes are cooking roughly chop your parsley.



**3** Pop your baking tray on the top shelf of your oven and roast for 25 mins. Halfway through cooking add the courgettes and give the baking tray a shake.

**6** Once your potatoes are cooked, drain them, return to the pot and add 1 tbsp of butter, 3 tbsp of milk (if you have it),  $\frac{1}{4}$  tsp of salt and a grind of pepper. Mash until you have a smooth consistency. **Tip:** *If your potatoes are cooked before your sausages and veg, simply put a lid on your potato pot until everything else is ready, they will wait.*

**7** When the sausages are browned and the veggies are cooked, get your baking tray out of the oven and stir your parsley through the veggie mixture. Serve your mash with the sausages and veggies piled on top and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!