





More Than Food
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Artisan Sausages with Roasted Garlic Mash and Red Onion Gravy

So, you might call us crazy, but trust us - what Patrick is about to say will revolutionise your mashed potato experience. Here goes: "Roast your garlic until it's nice and soft and then mash it into your potatoes" says Patrick. For a mash you can be proud of ... Get cooking!

 30 mins

 gluten free

 healthy



Potato (1 pack)



Red Onion (½)



Baby Gem Lettuce (1)



Cumberland Sausage (2)



Garlic Clove (2)



Rosemary (1 sprig)



Cornflour (½ tsp)



Chicken Stock Pot (½)




Milk (2 tbsp)

Ingredients

2 PEOPLE ALLERGENS

Potato, chopped	1 pack	
Red Onion, sliced	½	
Baby Gem Lettuce	1	
Cumberland Sausage	2	Sulphites
Garlic Clove	2	
Rosemary	1 sprig	
Cornflour	½ tsp	
Chicken Stock Pot	½	
Milk	2 tbsp	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

The smell of garlic can be removed by running your hands under cold water while rubbing a stainless steel object. Try it!

Nutrition per serving: Calories: 533 kcal | Protein: 29 g | Carbs: 60 g | Fat: 20 g | Saturated Fat: 7 g



1 Pre-heat your oven to 180 degrees and boil a pot of water. Peel the **potatoes** and chop them into chunks slightly smaller than a golf ball. Peel and slice the **red onion** in half through the root, then slice into thin half moons. Slice the **baby gem lettuce** in half lengthways.



2 Cook the **sausages** on the top shelf of your oven for 25 mins (turning occasionally). Boil the **potatoes** until you can easily slip a knife through them. Wrap the **garlic** in a little parcel of tin foil ready to roast later. **Tip:** *If you don't have tin foil don't worry, you can roast them just in their skins.*



3 Cook the **onions** in a non-stick frying pan on medium-low heat with 1 tsp of **olive oil**, a knob of **butter** (if you have some), a pinch of **sugar** (if you have some), **salt**, **pepper** and the **rosemary**. Cook them gently for 20 mins so that they become soft and sweet - don't burn them!



4 Mix the **cornflour** with 1 tbsp of **water** to make a nice smooth paste and keep this to the side - we'll add it to the gravy later to thicken it up.

5 About 10 mins after the **sausages** went into your oven put the little **garlic** parcel in too. This

will slow roast the **garlic**, making it soft and delicious. **Tip:** *If you don't have tin foil just coat the garlic cloves in a bit of olive oil.*

6 Place another frying pan on medium-high heat with 2 tsp of **olive oil**. Once hot, place the **baby gem lettuce** in the pan, sliced-side down. Fry it for 3-4 mins or until lightly browned.

7 Once your **onions** are soft and sweet turn the heat up to medium. Add in 100ml of **water** and half the **chicken stock pot**, then bring to a simmer. Stir in the **cornflour** mixture and gently simmer until it thickens up, before turning off the heat.

8 Once cooked, drain your **potatoes** and put them back in the pot with the **milk**, 2 tsp of **butter** (if you have some) and ¼ tsp of **salt**. Squeeze the **garlic** out of its skin and put this in the pot too. Put the pot on medium heat for a minute to dry the **potatoes**. Mash everything until you have nice lump-free mash.

9 Serve your mash into bowls, top with your **sausages** and gravy. Serve your **baby gem lettuce** on the side. Perfection needn't be complicated.

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