



Honey Mustard Sausage Traybake with Roast Potatoes and Buttery Sauce

Family 40-45 Minutes • 3 of your 5 a day

10



Red Onion



Apple



Carrot



Potatoes



Sage



Honey Mustard Sausages



Onion Marmalade



Chicken Stock Paste



Honey Mustard Sausages

Pantry Items

Oil, Salt, Pepper, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray and saucepan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Apple**	1	2	2
Carrot**	3	4	6
Potatoes	450g	700g	900g
Sage**	½ bunch	¾ bunch	1 bunch
Honey Mustard Sausages** 9) 14)	4	6	8
Onion Marmalade	40g	60g	80g
Chicken Stock Paste	10g	15g	20g
Honey Mustard Sausages** 9) 14)	4	6	8
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	664g	100g	788g	100g
Energy (kJ/kcal)	2941 / 703	443 / 106	4238 / 1013	538 / 129
Fat (g)	30.3	4.6	49.7	6.3
Sat. Fat (g)	12.8	1.9	19.9	2.5
Carbohydrate (g)	83.2	12.5	95.0	12.1
Sugars (g)	33.6	5.1	38.5	4.9
Protein (g)	25.2	3.8	42.4	5.4
Salt (g)	5.20	0.78	7.18	0.91

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve and peel the **red onion**, then chop each half into quarters. Halve the **apple**, remove the core and chop each half into three wedges (no need to peel).

Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Chop the **potatoes** into 2cm chunks (no need to peel).

Pick the **sage leaves** from their stalks and roughly chop (see ingredients for amount and discard the stalks).



Make the Buttery Sauce

About 5 mins before the **sausages** and **veg** are cooked, pop a small saucepan on medium heat.

Add the **onion marmalade**, **chicken stock paste** and **water for the sauce** (see pantry for amount) to the pan. Stir together and bring to the boil, then remove from the heat and stir in the **butter** (see pantry for amount) until melted.

Taste and season with **salt** and **pepper** if needed, then set aside.



Roast the Potatoes

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



Mix Things Up

When everything's cooked, add the **roast potatoes** to the **sausage** and **veg** tray. Mix everything together.

Reheat the **buttery sauce** if necessary.



Sausage and Veg Time

Meanwhile, pop the **onion**, **apple**, **carrot** and **sage** onto another large baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat, then spread out in a single layer.

Place the **sausages** on top of the **veg**, then roast on the middle shelf of your oven until the **veg** is tender and the **sausages** are cooked through, 30-35 mins. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to double up on **sausages**, cook the recipe in the same way but use separate trays for the **sausages** and **veg** if necessary. If using two trays, cook the **sausages** on the middle shelf and **veg** on the bottom.



Serve

Share the **roasted veg** and **sausages** between your plates. Spoon over the **buttery sauce** to finish.

Enjoy!