



Honey Mustard Sausages and Red Onion Gravy with Sweet Potato Mash and Tenderstem® Broccoli

44

Classic 35-40 Minutes • 3 of your 5 a day



Honey Mustard Sausages



Sweet Potato



Baking Potato



Red Onion



Balsamic Vinegar



Tenderstem® Broccoli



Red Wine Stock Paste



Honey Mustard Sausages

Pantry Items

Oil, Salt, Pepper, Sugar

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

Kettle, baking tray, saucepan, frying pan, sieve, lid and colander.

Ingredients

Ingredients	2P	3P	4P
Honey Mustard Sausages** 9) 14)	4	6	8
Sweet Potato	1	1	2
Baking Potato	1	1	2
Red Onion**	1	1½	2
Balsamic Vinegar 14)	12ml	18ml	24ml
Tenderstem® Broccoli**	150g	200g	300g
Red Wine Stock Paste 14)	28g	42g	56g
Honey Mustard Sausages** 9) 14)	8	12	16

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Gravy*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	565g	100g	689g	100g
Energy (kJ/kcal)	2735 /654	484 /116	4032 /964	585 /140
Fat (g)	20.6	3.6	40.1	5.8
Sat. Fat (g)	7.5	1.3	14.5	2.1
Carbohydrate (g)	85.8	15.2	97.6	14.2
Sugars (g)	26.4	4.7	31.3	4.5
Protein (g)	26.7	4.7	44.0	6.4
Salt (g)	3.92	0.69	5.89	0.85

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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Packed in the UK

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Cook the Sausages

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Pop the **sausages** onto a baking tray. When the oven is hot, bake on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** *Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.*

Meanwhile, peel and chop the **sweet** and **white potatoes** into 2cm chunks (no need to peel).

CUSTOM RECIPE

If you've chosen to double up on **sausages**, cook the recipe in the same way, using two trays (if necessary).



Boil the Broccoli

Meanwhile, bring a large saucepan of **water** with ½ **tsp salt** to the boil. Cut the **Tenderstem® broccoli** into thirds.

When your pan of **water** is boiling, add the **broccoli** and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Drizzle with a little **oil** and season with **salt** and **pepper**.



Caramelize the Onion

Pour the **boiled water** into a large saucepan with ½ **tsp salt** and bring back to the boil.

Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

While the **potatoes** cook, halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 8-10 mins.

Add the **balsamic vinegar** and **sugar** (see pantry for amount), cook until caramelised, 1-2 mins more.



Make the Gravy

While the **broccoli** cooks, add the **water for the gravy** (see pantry for amount) and **red wine stock paste** to the **onion** pan.

Bring to the boil, then lower the heat and simmer until reduced, 5-6 mins. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick. **TIP:** *If you're feeling decadent, add a knob of butter (if you have any).*



Mash Time

Once the **potatoes** are cooked, drain in a sieve and pop back into the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and **mash** until smooth.

Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



Serve

When everything's ready, share a generous helping of **sweet potato mash** between your plates and top with the **honey mustard sausages**.

Spoon over the **red onion gravy** and serve the **broccoli** alongside.

Enjoy!