



Sausages in Mushroom Sauce

with Garlic Mash and Roasted Carrots

27

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories



Carrot



Honey Mustard Sausages



Garlic Clove



Potatoes



Sliced Mushrooms



Red Wine Jus Paste

Pantry Items
Oil, Salt, Pepper

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, saucepan, aluminium foil, colander, lid, frying pan and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Honey Mustard Sausages** 9) 14)	4	6	8
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Sliced Mushrooms**	120g	180g	240g
Red Wine Jus Paste 10) 14)	15g	22g	30g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2389 / 571	362 / 86
Fat (g)	20.8	3.1
Sat. Fat (g)	7.4	1.1
Carbohydrate (g)	69.7	10.6
Sugars (g)	17.1	2.6
Protein (g)	25.0	3.8
Salt (g)	2.86	0.43

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

Allergens

9) Mustard 10) Celery 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.


Contact

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1



Sausage and Veg Time

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

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer on one side of the tray.

Pop the **sausages** onto the other side of the tray. **TIP:** Use two baking trays if necessary.

IMPORTANT: Wash your hands and equipment after handling raw meat.

4



Make the Mushroom Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **mushrooms**, season with **salt** and **pepper**, then stir-fry until golden, 4-5 mins.

Pour in the **water for the sauce** (see pantry for amount) and bring to the boil, then stir in the **red wine jus paste**. **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.

Reduce the heat to medium-high again and allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins. Add a splash of **water** if it's a little thick, then remove from the heat.

2



Ready to Roast

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

When the oven is hot, roast the **carrots** and **sausages** on the top shelf until the **carrots** are tender and the **sausages** are golden brown and cooked through, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **garlic parcel** to the same tray to roast until soft, 10-12 mins, then remove and set aside.

5



Garlic Mash Time

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add the **garlic** to the **cooked potatoes** with a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.

3



Cook the Potatoes

While everything roasts, chop the **potatoes** into 2cm chunks (peel first if you prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and pop back into the pan. Cover with a lid to keep warm.

6



Serve

When everything's ready, reheat the **sauce** if necessary, adding a splash of **water** if needed.

Share the **sausages** between your plates, then serve with the **garlic mash** and **roasted carrots** alongside.

Spoon over the **mushroom sauce** to finish.

Enjoy!