



Cumberland Sausages and Mash

with Red Onion Gravy and Buttery Peas

Family 35-40 Minutes • 1 of your 5 a day

3



Cumberland Sausages



Potatoes



Red Onion



Red Wine Jus Paste



Peas



Cumberland 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

Saucepan, baking tray, frying pan, measuring jug, foil, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Cumberland Sausages** 14	4	6	8
Potatoes	450g	700g	900g
Red Onion**	1	1½	2
Red Wine Jus Paste 10 14	15g	22g	30g
Peas**	120g	180g	240g
Cumberland Sausages** 14	4	6	8

Pantry	2P	3P	4P
Water for the Gravy*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	572g	100g	696g	100g
Energy (kJ/kcal)	2936 /702	514 /123	4420 /1056	636 /152
Fat (g)	37.6	6.6	66.1	9.5
Sat. Fat (g)	15.1	2.6	24.8	3.6
Carbohydrate (g)	69.0	12.1	77.7	11.2
Sugars (g)	12.6	2.2	13.9	2.0
Protein (g)	25.9	4.5	42.0	6.0
Salt (g)	2.69	0.47	4.46	0.64

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

Allergens

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

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.

CUSTOM RECIPE

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

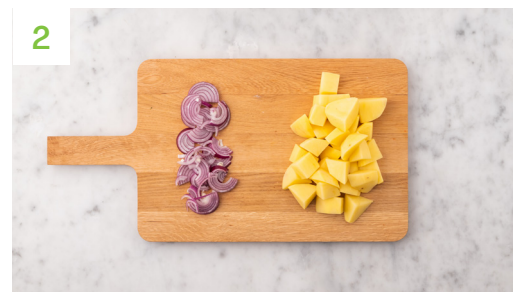


Gravy Time

Add the **water for the gravy** (see pantry for amount) to the **onion** pan, then bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium. **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.

Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins. Pour the **gravy** into a measuring jug and cover with foil to keep warm.



Finish the Prep

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

Halve, peel and thinly slice the **red onion**.

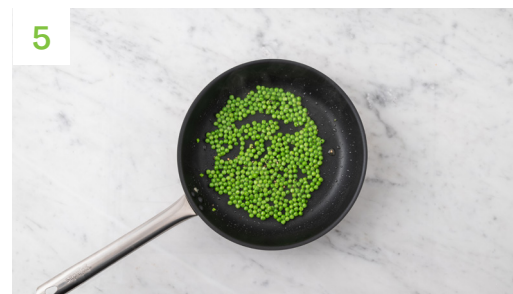
When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Fry the Onions

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** to the pan and stir-fry until softened, 4-5 mins.

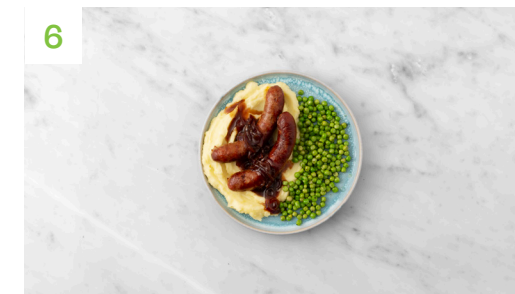


Finishing Touches

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

Wipe out and return the (now empty) frying pan to medium heat. Melt in the **butter** (see pantry for amount), then add the **peas**, season with **salt** and **pepper** and cook for 2-3 mins.



Finish and Serve

Share the **mashed potatoes** between your serving plates and top with the **sausages**.

Serve with your **buttery peas** alongside and spoon over the **gravy** to finish.

Enjoy!