



Honey Mustard Sausages and Onion Gravy

with Spinach Mash and Roasted Carrots

Calorie Smart

25-30 Minutes • 2 of your 5 a day • Under 650 Calories

26



Carrot



British Honey Mustard Sausages



Potatoes



Red Onion



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Baby Spinach

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

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

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
British Honey Mustard Sausages** 9) 14)	4	6	8
Potatoes	450g	700g	900g
Red Onion**	1	2	2
Balsamic Vinegar 14)	12ml	24ml	24ml
Red Wine Stock Paste 14)	28g	56g	56g
Redcurrant Jelly	25g	37g	50g
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	673g	100g
Energy (kJ/kcal)	2638 /631	392 /94
Fat (g)	20.8	3.1
Sat. Fat (g)	7.4	1.1
Carbohydrate (g)	85.6	12.7
Sugars (g)	30.9	4.6
Protein (g)	24.2	3.6
Salt (g)	3.96	0.59

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, mollusc, 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.


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

Contact

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Sausage and Veg Time

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

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Add the **sausages** to the same tray. **TIP:** Use two baking trays if necessary.



Get Roasting

When the oven is hot, roast on the top shelf until the **carrots** are tender and the **sausages** are browned 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.



Boil the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve, peel and thinly slice the **red onion**.

Pour the **boiling water** from your kettle into a large saucepan with $\frac{1}{2}$ tsp salt on high heat.

Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.

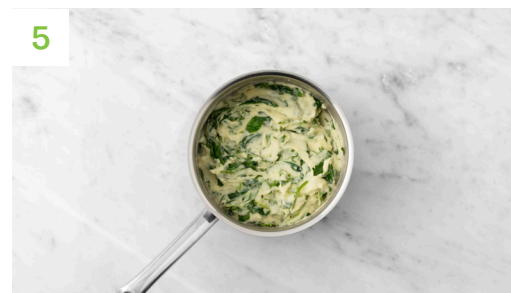


Make your Onion Gravy

While the **potato** cooks, heat a drizzle of **oil** in a small frying pan on medium-high heat. Once hot, add the **sliced onion** and cook, stirring often, until softened, 5-7 mins.

Once the **onions** are soft, lower the heat to medium and add the **balsamic vinegar**. Cook until sticky, 1-2 mins.

Add the **water for the sauce** (see pantry for amount) and bring to the boil. Stir in the **red wine stock paste** and **redcurrant jelly**. Simmer until the **sauce** has thickened slightly, 2-3 mins. Add a splash of **water** if it's a little thick.

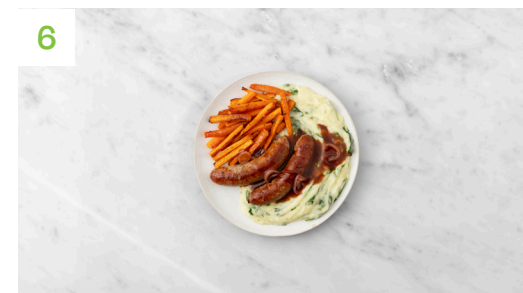


Bring on the Spinach Mash

When the **potatoes** have 1 min left, add the **spinach** to the same pan.

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

Add a knob of **butter** and a splash of **milk** (if you have any) and roughly **mash**. Season with **salt** and **pepper**.



Serve Up

Share the **spinach mash** between your plates and serve the **sausages** and **carrots** alongside.

Spoon over the **onion gravy** to finish.

Enjoy!