



Honey Mustard Sausage Traybake with Buttery Onion Sauce

Family 40-45 Minutes • 2 of your 5 a day

3



Potatoes



Red Onion



Carrot



British Honey Mustard Sausages



Apple



Sage



Onion Marmalade



Chicken Stock Paste



British Honey Mustard Sausages

Pantry Items

Oil, Salt, Pepper, Butter

+ Double Sausages

If you chose to double sausages, 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
Potatoes	450g	700g	900g
Red Onion	1	1	2
Carrot**	3	4	6
British Honey Mustard Sausages** 9) 14)			
Apple**	1	2	2
Sage**	1 bunch	2 bunches	2 bunches
Onion Marmalade	40g	60g	80g
Chicken Stock Paste	10g	15g	20g
British 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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	690g	100g	814g	100g
Energy (kJ/kcal)	3089 / 738	448 / 107	4386 / 1048	539 / 129
Fat (g)	30.1	4.4	49.6	6.1
Sat. Fat (g)	12.9	1.9	19.9	2.4
Carbohydrate (g)	89.8	13.0	101.8	12.5
Sugars (g)	33.9	4.9	39.2	4.8
Protein (g)	24.8	3.6	42.0	5.2
Salt (g)	3.29	0.48	5.26	0.65

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.

Contact

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel).

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.



Add the Apple

Meanwhile, halve the **apple**, remove the core and chop each half into four wedges (no need to peel). Pick the **sage leaves** from their stalks and roughly chop (discard the stalks).

Halfway through cooking, remove the **sausage** tray from the oven. Turn the **sausages**.

Add the **apple** and **sage** to the **veg**. Add a drizzle of **oil** if it's a little dry. Toss to combine, then return to the oven and roast for the remaining time.



Prep the Veg

Meanwhile, halve and peel the **red onion**, then chop each half into quarters. Separate the layers.

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



Sausage and Veg Time

Pop the **onion** and **carrot** 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** alongside 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.

+ Double Sausages

If you're doubling up on **sausages**, cook the recipe in the same way, using another tray (if necessary).

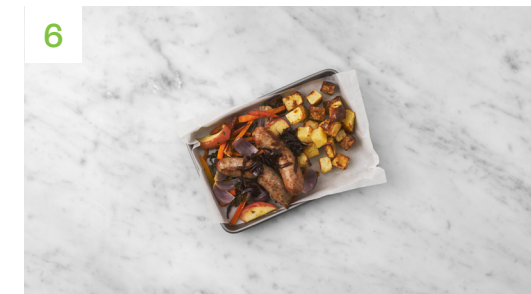


Make the Buttery Sauce

When the **sausages** and **veg** have 5 mins remaining, pop a small saucepan on medium heat.

Add the **onion marmalade**, **chicken stock paste** and **water for the sauce** (see pantry for amount). Stir to combine, bring to the boil and simmer until thickened slightly, 1-2 mins. Remove from the heat and stir through the **butter** (see pantry for amount) until melted.

Taste and season with **salt** and **pepper** if needed.



Serve

Share the **sausages**, **roasted potatoes** and **veg** between your plates.

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

Enjoy!