



Baked Cumberland Sausages with Parsley Couscous and Harissa Tomato Sauce

Classic 25-30 Minutes • Mild Spice • 3 of your 5 a day

42



Red Onion



Garlic Clove



Bell Pepper



Cumberland Sausage



Chicken Stock
Paste



Couscous



Harissa Paste



Tomato Passata



Flat Leaf
Parsley



Toasted Flaked
Almonds

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1½	2
Garlic Clove**	1	2	2
Bell Pepper***	1	2	2
Cumberland Sausage** (14)	4	6	8
Chicken Stock Paste	15g	20g	30g
Couscous (13)	120g	180g	240g
Harissa Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Toasted Flaked Almonds (2)	15g	25g	25g
Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Water for the Sauce*	75ml	100ml	150ml
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3345/800	716/171
Fat (g)	42.7	9.1
Sat. Fat (g)	11.1	2.4
Carbohydrate (g)	73.7	15.8
Sugars (g)	19.3	4.1
Protein (g)	29.5	6.3
Salt (g)	4.08	0.87

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

Allergens

2) Nuts (13) Cereals containing gluten (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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Get Prepped

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

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **sausages** onto a baking tray.

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



Make your Harissa Sauce

Pour in the **water for the sauce** (see pantry for amount), **tomato passata** and remaining **chicken stock paste**.

Season with **salt** and **pepper**, stir in the **sugar** (see pantry for amount), then bring to the boil.

Reduce the heat and simmer, stirring occasionally, until the **sauce** has reduced by half, 5-7 mins.



Couscous Time

Pour the **water for the couscous** (see pantry for amount) and **half the chicken stock paste** into a saucepan and bring to the boil.

When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.

Meanwhile, when the **sausages** have baked for 10 mins, turn them and add the **sliced pepper** to the tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast for the remaining time, 10-15 mins.



Bring on the Parsley

Meanwhile, roughly chop the **parsley** (stalks and all).

Once the **couscous** is ready, fluff it up with a fork and stir in a drizzle of **olive oil** and **half the parsley**. Taste and season again if needed.

Once the **peppers** are roasted, stir them into the **harissa sauce**, then taste and season if needed.



Build the Flavour

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

Once hot, add the **onion** and cook until softened, 4-5 mins.

Stir in the **garlic** and **harissa paste**. Cook, stirring, for 1 min.



Serve

When ready, share the **parsley couscous** between your bowls and top with the **sausages**.

Spoon over the **harissa tomato sauce**, then sprinkle over the **flaked almonds** and remaining **parsley** to finish.

Enjoy!