






More Than Food
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Caribbean Spicy Sausages

This spicy dish is sure to get your taste buds talking. Caribbean food is renowned for being full of flavour and spice so get yourself prepared! The peppers and onion will caramelise so everything will be slightly sticky, which just adds to the flavour. We've also asked our butchers to add a little chilli to the sausages to give them a bit of a kick!

 40 mins

 3.5 of your 5 a day

 mealkit

 spicy



Green Pepper
(1)



Yellow Pepper
(1)



Red Onion
(1)



Carrot
(2)



Jerk Sauce
(1 tbsp)



Mango Chutney
(1 tbsp)



Spiced Pork Sausage
(4)




Potato
(1 pack)



Flat Leaf Parsley
(½ bunch)

2 PEOPLE INGREDIENTS

- Green Pepper, sliced **1**
- Yellow Pepper, sliced **1**
- Red Onion, chopped **1**
- Carrot, chopped **2**
- Jerk Sauce **1 tbsp**
- Mango Chutney **1 tbsp**
- Spiced Pork Sausage **4**
- Potato, chopped **1 pack**
- Flat Leaf Parsley, chopped **½ bunch**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Mango chutney is a traditional spicy condiment of Indian origin, made of fruits and vegetables with vinegar, spices, and sugar.

Allergens: Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	569 kcal / 2392 kJ	24 g	7 g	67 g	22 g	29 g	1 g
Per 100g	87 kcal / 364 kJ	4 g	1 g	10 g	3 g	4 g	0 g

1



1 Preheat your oven to 200 degrees. Remove the core from the **peppers** and cut into slices about 2cm wide. Peel and chop the **onion** into roughly 3cm pieces. Peel the **carrot** and remove the top and bottom, then cut in half lengthways. Next chop those lengths into batons roughly the length of your little finger.

2



2 Put your **pepper, carrot** and **onion** on a baking tray. Mix together a splash of **oil**, the **jerk sauce** and the **mango chutney** in a bowl and drizzle this over your **veggies**.

Tip: *The jerk sauce can be a little spicy, so just add half if you're not a spice fan.* Add a pinch of **salt** and a good grind of **black pepper** to the tray, give it a good shake until everything is well coated. Prick each **sausage** with a sharp knife (twice per sausage) and pop on top of your **veggies**.

3 Pop your baking tray on the top shelf of your oven for 25-30 mins. Halfway through cooking, give the baking tray a shake and put it back in your oven.

4



4 In the meantime, bring a large pot of water to the boil with a pinch of **salt**. Peel and chop the **potato** into roughly 2cm pieces and add to your boiling water. Cook for 10 mins until soft. **Tip:** *The potato is cooked when you can easily slip a knife through.*

5 While your potato is cooking, roughly chop the **parsley**.

5



6 Once your **potato** is cooked, drain, return to the pot and add a small knob of **butter** (if you have some), a splash of **milk** (if you have it), a good pinch of **salt** and a grind of **black pepper**. Mash until you have a smooth consistency. **Tip:** *If the potato is cooked before the sausages and veggies, simply put a lid on the pot until everything else is ready.*

7 When your **sausage** is browned and your **veggies** are cooked, get your baking tray out of your oven and stir your **parsley** through your **veggies**. **Tip:** *The sausage is cooked when it is no longer pink in the middle.*

8 Serve your **mash** with your **sausage** on the side, your **veggies** piled on top and a sprinkling of parsley to finish. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!