











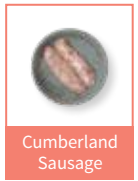
Cumberland Sausages and Spring Onion Mash with Jerk Spiced Carrots and Mango Chutney Sauce

Family 35-40 Minutes • Mild Spice • 3 of your 5 a day

3



-  Red Onion
-  Carrot
-  Caribbean Style Jerk
-  Cumberland Sausage
-  Potatoes
-  Chicken Stock Paste
-  Mango Chutney
-  Spring Onion



Cumberland Sausage

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to add, swap 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, colander, lid and potato masher.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Carrot**	3	4	6
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Cumberland Sausage** 14)	4	6	8
Potatoes	450g	700g	900g
Chicken Stock Paste	10g	15g	20g
Mango Chutney	40g	80g	80g
Spring Onion**	1	2	2
Cumberland Sausage **	4	6	8

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	620g	100g
Energy (kJ/kcal)	2795 /668	451 /108
Fat (g)	30.7	5.0
Sat. Fat (g)	10.2	1.6
Carbohydrate (g)	78.3	12.6
Sugars (g)	29.1	4.7
Protein (g)	24.2	3.9
Salt (g)	3.90	0.63
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	744g	100g
Energy (kJ/kcal)	4278 /1022	575 /137
Fat (g)	59.2	7.9
Sat. Fat (g)	19.8	2.6
Carbohydrate (g)	86.9	11.6
Sugars (g)	30.3	4.0
Protein (g)	40.2	5.4
Salt (g)	5.90	0.70

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, 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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Prep the Veg

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

Halve, peel and thinly slice the **red onion**. Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Bring on the Sauce

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium heat. Once hot, add the **onion**, season with **salt**, then fry until softened, 8-10 mins.

Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**, then bring to a simmer.

Mix in the **mango chutney**, then stir and simmer until thickened, 5-6 mins. Taste and season with **salt and pepper**.



Get Baking

Put the **carrots** on a large baking tray. Drizzle with **oil**, sprinkle with the **Caribbean style Jerk** and season with **salt and pepper**. Toss to coat, then spread out in a single layer.

Pop the **sausages** on top of the **carrots** and roast on the top shelf of your oven until the **carrots** are soft and the **sausages** are cooked, 25-30 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to double up on **sausages**, pop them onto a separate baking tray to the **veg**. Roast the **veg** on the top shelf and the **sausages** on the middle shelf of your oven for the same amount of time, 25-30 mins. Turn halfway through.



Make your Mash

While the **sauce** simmers, trim and thinly slice the **spring onion**.

Once the **potatoes** are ready, drain in a colander and pop back into the pan. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Stir through the **spring onion**, then season with **salt and pepper**. Cover with a lid to keep warm.



Cook the Potatoes

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

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



Finish and Serve

When everything's ready, reheat the **sauce** if necessary and add a splash of **water** if it's a bit thick.

Serve the **roasted sausages** and **carrots** on plates with the **spring onion mash** alongside.

Spoon over the **mango chutney sauce** to finish.

Enjoy!