



Honey Mustard Sausages and Onion Gravy with Chive Mash and Roasted Carrots

Rapid 20 Minutes • 2 of your 5 a day

14



Carrot



Honey Mustard Sausages



Potatoes



Red Onion



Chives



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Honey Mustard Sausages

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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

Kettle, baking tray, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Honey Mustard Sausages** 9) 14)	4	6	8
Potatoes	450g	700g	900g
Red Onion**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Balsamic Vinegar 14)	12ml	24ml	24ml
Red Wine Stock Paste 14)	28g	56g	56g
Redcurrant Jelly	25g	37g	50g
Honey Mustard Sausages** 9) 14)	4	6	8

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	618g	100g	742g	100g
Energy (kJ/kcal)	2540 /607	411 /98	3837 /917	517 /124
Fat (g)	20.9	3.4	40.4	5.4
Sat. Fat (g)	7.4	1.2	14.4	1.9
Carbohydrate (g)	80.1	13.0	91.9	12.4
Sugars (g)	30.0	4.9	34.8	4.7
Protein (g)	24.2	3.9	41.4	5.6
Salt (g)	4.16	0.67	6.13	0.83

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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Get Roasting

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle.

b) Trim the **carrots** (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop them onto a large baking tray, drizzle with oil, season and toss to coat. Add the **sausages** to the same tray.

c) When the oven is hot, roast on the top shelf until the **carrots** are tender and the **sausages** are browned and cooked through, 16-18 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to double up on **sausages**, cook the recipe in the same way but use separate trays for the **sausages** and **veg**. Cook the **sausages** on the top shelf and **veg** on the middle.



Chive Time

a) Meanwhile, roughly chop the **chives** (use scissors if easier).



Boil the Potatoes

a) Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).

b) Pour the **boiling water** from your kettle into a large saucepan with ½ **tsp salt** on high heat.

c) Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Bring on the Gravy

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

b) Add the **water for the sauce** (see pantry for amount) to the **onion** pan and bring to the boil.

c) 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 too thick.



Fry the Onion

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Heat a drizzle of **oil** in a small frying pan on medium-high heat.

c) Once hot, add the **onion** and cook, stirring often, until softened, 5-7 mins.



Mash and Serve

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

b) Add a knob of **butter** and a splash of **milk** (if you have any) and roughly **mash**. Stir through the **chives** and season to taste with **salt** and **pepper**.

c) Share the **chive mash** between your plates and serve the **sausages** and **carrots** alongside. Spoon the **onion gravy** over to finish.

Enjoy!