



Sausages and Parsley Mash

with Jerk Spiced Veggies and Mango Chutney Gravy

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day

3



Bell Pepper



Red Onion



Chantenay Carrot



Caribbean Style Jerk



Caramelised Onion Sausages



Potatoes



Chicken Stock Paste



Mango Chutney



Flat Leaf Parsley

Pantry Items
Water

Before you start

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

Cooking tools

Saucepan, lid, baking tray, measuring jug, colander and potato masher.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Chantenay Carrot**	225g	300g	450g
Caribbean Style Jerk 9)	1 pot	1 pot	2 pots
Caramelised Onion Sausages** 14)	4	6	8
Potatoes**	450g	700g	900g
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g
Mango Chutney	1 sachet	2 sachets	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

*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

	Per serving	Per 100g
for uncooked ingredient	638g	100g
Energy (kJ/kcal)	2498 / 597	392 / 94
Fat (g)	17	3
Sat. Fat (g)	6	1
Carbohydrate (g)	84	13
Sugars (g)	32	5
Protein (g)	24	4
Salt (g)	3.99	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

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 200°C. Put a large saucepan of **water** with $\frac{1}{2}$ tsp salt on to boil for the **potatoes**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **red onion**. Trim and halve the **carrots** lengthways (no need to peel).



Get Baking

Put the **pepper** and **carrots** on a 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 **peppers** and **carrots**. Roast on the top shelf of your oven until the **veg** is 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.



Cook the Potatoes

While the **sausages** and **veg** cook, chop the **potatoes** into 2cm chunks (peel first if you prefer). When the **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Bring on the Gravy

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion**, season with **salt**, then cook until soft, 8-10 mins. Add the **water for the sauce** (see ingredients for amount) and the **chicken stock paste**, stir to combine, then bring to a simmer. Add the **mango chutney**, then stir and simmer until thickened, 5-6 mins. Taste and season with **salt** and **pepper**.



Make the Mash

Meanwhile, roughly chop the **parsley** (stalks and all). Once the **potatoes** are ready, drain in a colander and return to the pan. Add a knob of **butter** and a splash of **milk** (if you have some). Season with **salt** and **pepper** and mash until smooth. Stir through the **parsley**. Cover with lid to keep warm.



Finish and Serve

Reheat the **gravy** if you need to and add a splash of **water** if it's a bit thick. When everything is ready, serve the **sausages** and **veg** alongside the **mash** with the **mango chutney gravy** on top.

Enjoy!