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## Sizzling Honey Mustard Sausages with Sweet Potato Mash and Red Onion Gravy

Teaching people new skills is something which makes us pretty happy and this red onion gravy is no exception! Once you've mastered it (which should take about 4 minutes), you'll never go back to the bought stuff again! Gravy making skills: Tick!



30 mins



Honey Mustard Sausage (4)



Sweet Potato (1)



Potato (1/2)



Red Onion (1)



Beef Stock Pot (1)



Tenderstem Broccoli (1 pack)


## 2 PEOPLE INGREDIENTS

- Honey Mustard Sausage **4**
- Sweet Potato, chopped **1**
- Potato, chopped **½**
- Red Onion, sliced **1**
- Beef Stock Pot **1**
- Tenderstem Broccoli **1 pack**

**Allergens:** Mustard, Sulphites, Egg, Milk, Celery.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	759 kcal / 3204 kJ	25 g	7 g	116 g	45 g	26 g	5 g
<b>Per 100g</b>	99 kcal / 417 kJ	3 g	1 g	15 g	6 g	3 g	1 g

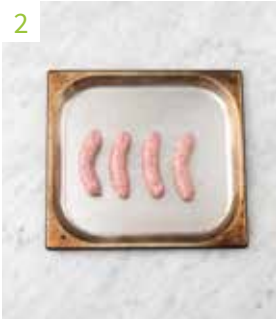
 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The current world record for the heaviest onion is held by a man called Peter who lives in Yorkshire, the onion weighed over 8kg!

**Beef Stock Pot Ingredients:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

2



**1** Pre-heat your oven to 200 degrees. Boil a large pot of water for the potatoes.

**2** Once your oven is hot, put the **sausage** on a baking tray on the top shelf. Cook for 25 mins.

**3** Peel and chop the **sweet potato** and the **potato** into roughly 3cm cubes. Add a pinch of **salt** to the boiling water along with your **potatoes**. Boil for around 10 mins or until soft enough to eat. **Tip:** *The potatoes are ready when you can easily slip a knife through them.*

3



**4** Peel and slice the **onion** in half lengthways through the root. Slice your **onion** into thin half moons and heat a splash of **olive oil** in a frying pan on medium heat. Once hot, add your **onion**, together with a pinch of **salt** and a few grinds of **pepper**. Cook for 10 mins until soft.

**5** Once your **sweet potato** and **potato** are cooked, drain them (but strain into another pot so you can use the leftover water for your gravy and tenderstem!), pop them back in the pot, add a knob of **butter** (if you have some) and mash. Taste and check for seasoning. **Tip:** *If you don't have a masher, use a fork.*

4



**6** Pour a good splash of your reserved potato **water** into your fried **onion** together with the **stock pot**. Scrape the bottom of the pan and keep stirring until your **gravy** reduces a little. If you are feeling decadent, add a knob of **butter** (if you have some). **Tip:** *If you have any red wine, add a splash at this point for extra flavour.*

**7** Cook the **tenderstem** in the boiling water (leftover from your potatoes) for 3 mins. **Tip:** *Tenderstem is so fresh that it only needs quick cooking to be perfect.*

5



**8** Serve your **mash** and **sausages** with your **tenderstem** and a spoonful of **onion gravy**.

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