









Spooky Bacon and Cumberland Sausage Mummies

with Mash, Roasted Carrots and Red Wine Jus

10

Halloween 30-35 Minutes • 1 of your 5 a day



-  Potatoes
-  Carrot
-  Streaky Bacon
-  Cumberland Sausage
-  Red Wine Jus Paste
-  Dijon Mustard

Pantry Items
Oil, Salt, Pepper, Tomato Ketchup

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 and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	2	3	4
Streaky Bacon**	4 rashers	6 rashers	8 rashers
Cumberland Sausage** (14)	4	6	8
Red Wine Jus Paste (10) (14)	15g	22g	30g
Dijon Mustard (9) (14)	10g	15g	20g

Pantry	2P	3P	4P
Water for the Jus*	150ml	225ml	300ml
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2867 /685	556 /133
Fat (g)	37.0	7.2
Sat. Fat (g)	12.8	2.5
Carbohydrate (g)	62.2	12.1
Sugars (g)	13.7	2.7
Protein (g)	29.1	5.6
Salt (g)	4.51	0.88

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard 10) Celery 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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Start the Prep

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

Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



Make the Mash

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

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

Pour the **water for the jus** (see pantry for amount) into another small saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium and simmer until thickened, 5-6 mins.



Mummify your Sausages

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

Now it's time to make your 'mummies'! Wrap **one rasher** of **bacon** around each **sausage** - starting at the top, spiral the **bacon** down the **sausage** so it looks like bandages (but leave space for the 'face').

Pop the **sausages** onto another baking tray.
IMPORTANT: Wash your hands and equipment after handling raw meat.



Get Spooky

When your **sausages** are cooked, remove them from the oven.

Carefully snip a very small corner off the **mustard** sachet and pipe 2 small dots onto the 'face' of the '**mummies**' - these are their spooky yellow eyes!



Time to Roast

When the oven is hot, roast the **carrots** on the top shelf until tender and the **sausages** on the middle shelf until golden brown and cooked through, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Cook **bacon** thoroughly.

Turn the **carrots** halfway through.



Serve up a Fright

When everything's ready, transfer the **spooky sausage mummies** to your plates.

Reheat anything if needed, then serve the **mash** and **roasted carrots** alongside.

Pour the **red wine jus** over for those who'd like it. Add a dollop of **ketchup** (see pantry for amount) and any remaining **mustard** on the side for those who'd like some more.

Enjoy!