

# Ultimate Sausages and Cheesy Roasted Garlic Mash

with Bacon Tenderstem® and Sticky Redcurrant Gravy

Ultimate

40-45 Minutes • 1 of your 5 a day











Mature Cheddar

Tenderstem® Broccoli





**Garlic Clove** 



Red Wine Jus Paste



Redcurrant Jelly



Honey Mustard Sausages



**Bacon Lardons** 



## 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, grater, aluminium foil, baking tray, lid, kitchen scissors, frying pan and colander.

#### **Ingredients**

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Potatoes	450g	700g	900g
Tenderstem® Broccoli**	150g	200g	300g
Mature Cheddar Cheese** <b>7</b> )	40g	60g	80g
Garlic Clove**	4	6	8
Red Wine Jus Paste <b>10) 14)</b>	22g	30g	44g
Redcurrant Jelly	25g	37g	50g
Honey Mustard Sausages** 9) 14)	6	9	12
Bacon Lardons**	60g	90g	120g
Pantry	2P	3P	4P
Water for the Gravy*	200ml	300ml	400ml

# \*Not Included \*\*Store in the Fridge

**Nutrition** 

Typical Values	Per serving	Per 100g
for uncooked ingredient	630g	100g
Energy (kJ/kcal)	3731/891	593 / 142
Fat (g)	43.5	6.9
Sat. Fat (g)	17.2	2.7
Carbohydrate (g)	75.6	12.0
Sugars (g)	21.4	3.4
Protein (g)	46.8	7.4
Salt (g)	5.42	0.86

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

### **Allergens**

7) Milk 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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### Cook the Onion

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with 1/2 tsp salt for the **potatoes**.

Halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion**, season with **pepper** and fry until soft and sweet, 8-10 mins, stirring occasionally.



# **Get Prepped**

Meanwhile, peel and chop the **potatoes** into 2cm chunks. Halve any thick **broccoli stems** lengthways. Grate the **cheese**.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

When the **onion** is cooked, pour the **water for the gravy** (see pantry for amount) into the pan and bring to the boil on high heat.

Stir in the **red wine jus paste** and **redcurrant jelly**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 10-12 mins.



## Roast the Sausages and Garlic

Pop the **sausages** and **garlic parcel** onto a baking tray. Roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.

Halfway through, turn the **sausages** and remove the **garlic parcel**, setting it aside to cool.

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



### Bacon Broccoli Time

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT**: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.

Add the **broccoli** to the **bacon** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 2-3 mins. Remove from the heat and cover to keep warm.



## Make your Cheesy Mash

Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the **cheese**, **roasted garlic**, a knob of **butter** and a splash of **milk** (if you have any). Mash until smooth.

Season to taste with **salt** and **pepper**. Cover with a lid to keep warm.



### Serve

Reheat your **gravy** if necessary, adding a splash of **water** if it's a little thick.

Serve up your ultimate sausages with the cheesy roasted garlic mash and bacon Tenderstem® alongside.

Pour over the **redcurrant gravy** to finish.

Enjoy!

