






Cooking Made Easy

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Honey Mustard Sausages, Sweet Potato Mash & Red Onion Gravy

Our butcher Nick 'The Knife' (less scary than he sounds), is a bit of a master when it comes to sausage making. We went up to his farm in Lancashire recently and came away with a whole box of sausages to road test back at the kitchen. What's your favourite sausage flavour? Tell us on Facebook and we'll put the best flavour on our menu!



30 min



gluten free



lactose free



family box



healthy



Honey Mustard Sausages (8)



Sweet Potato (3)



Red Onion (2)



Thyme (4 sprigs)



Beef Stock Pot (1)



Tenderstem Broccoli (2 handfuls)

Ingredients

	2P	4P
Honey Mustard Sausages 1, 2	-	8
Sweet Potato, cubed	-	3
Red Onion, sliced	-	2
Thyme	-	4 sprigs
Beef Stock Pot	-	1
Tenderstem Broccoli	-	2 handfuls

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Sulphites | 2) Mustard

Nutrition per serving: Calories: 540 kcal | Protein: 26g | Carbs: 34g | Fat: 34g | Saturated Fat: 11g

2



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

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

3



3 Peel and chop the sweet potatoes into roughly 3cm cubes. Add ½ tsp of salt to the boiling water along with the sweet potatoes. Boil for around 10 mins or until soft enough to eat.

4



4 Peel and slice the onions in half lengthways through the root. Slice the onions into thin half moons and heat 1½ tbsp of olive oil in a pan on medium heat. Once hot, add the onions and thyme leaves (disregarding the stalks) with a pinch of salt and pepper. Cook for 10 mins until soft and browned off.

6



5 Once the sweet potatoes are cooked, lift them out of the water and mash them. Taste and check for seasoning, add some salt and a grind of pepper if needed. **Tip:** Keep the boiling water for your broccoli and gravy. **Tip:** If you don't have a masher, use a fork.

6 Tip 150ml of boiling water (from the potato pan) into the fried onions together with half the stock pot. Scrape the bottom of the pan and keep stirring until the gravy reduces a little. If you are feeling decadent, add 1 tsp of butter from your fridge. **Tip:** If you have any red wine, add a couple of tbsps at this point for extra flavour.

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

8 Serve the mash and sausages with the tenderstem and a healthy spoonful of onion gravy.