



# Caramelised Onion Sausages with Celeriac Colcannon and Apple Chutney Gravy

Classic 25 Minutes • 1 of your 5 a day

5



Celeriac



Baking Potato



Spring Onion



Garlic Clove



Cheddar Cheese



Caramelised  
Onion Sausages



Shredded  
Savoy Cabbage



Plain Flour



Apple Chutney



Chicken Stock Powder

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Fine Grater (or Garlic Press), Coarse Grater, Saucepan, Baking Tray, Frying Pan, Measuring Jug and Colander.

## Ingredients

	2P	3P	4P
Celeriac <b>10</b> **	½	1	1
Baking Potato**	1	1	2
Spring Onion**	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Cheddar Cheese <b>7</b> **	30g	45g	60g
Caramelised Onion Sausages <b>14</b> **	4	6	8
Shredded Savoy Cabbage**	100g	150g	300g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour <b>13</b>	8g	12g	16g
Apple Chutney	1 pot	2 pots	2 pots
Water for Gravy*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2514/601	389/93
Fat (g)	26	4
Sat. Fat (g)	10	2
Carbohydrate (g)	58	9
Sugars (g)	15	2
Protein (g)	29	5
Salt (g)	3.03	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7**) Milk **10**) Celery **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Prep Time

Preheat your oven to 200°C. Pop a large pan of **water** onto boil with ½ tsp of **salt**, we will use it for the mash. Peel and chop both the **celeriac** and **potato** into 2cm chunks. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar** on the coarse side of your grater.



## Make the Gravy

Meanwhile, heat the **oil** (see ingredients for amount) in the same frying pan over medium heat. Stir in the **flour** until you have a paste (this is a roux). Cook for a minute then stir in the **apple chutney**. Gradually add the **water** (see ingredients for amount) stirring out any lumps that form. Stir in the **stock powder**, bring to the boil then lower the heat and simmer until the **gravy** has thickened to your liking, 8-10 mins.



## Bake the Sausages

Add the potatoes and the **celeriac** (see ingredient list for amount) to the pan of water. Bring to the boil then lower the heat to medium and simmer until you can easily slip a knife through the potatoes and **celeriac**, 20-25 mins. Carefully arrange the sausages on a baking tray and roast in the oven until browned and cooked through, 20-25 mins. Turn halfway through cooking. **IMPORTANT:** Wash your hands after handling raw meat.



## Mash

When the **potatoes** and **celeriac** are cooked, drain in a colander, allow to steam dry for 1-2 mins, then return to the pan. Mash the **potatoes** and **celeriac** and then stir in the **cabbage**, **Cheddar**, **half** the **spring onion** and a knob of **butter** (if you have some). Season well with **salt** and **pepper** and get ready to serve.



## Fry the Cabbage

Meanwhile, heat a frying pan over medium-high heat with a drizzle of **oil**, add the **garlic** and cook, stirring, for 1 min. Add the **cabbage**, season with **salt** and **pepper** and stir-fry for 1 min. Add a splash of **water**, cover with a lid (or some foil) and cook until tender, 2-3 mins. Pop the **cabbage** into a bowl but don't wash out the pan.



## Serve

Once everything is cooked, reheat your **gravy** before serving and add a splash of **water** if you think it's needed. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Share the **mash** between your plates and sprinkle the remaining **spring onion** on top. Lay the **sausages** alongside and then pour over the **gravy**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.