



Caramelised Onion Sausages with Lentils and Roasted Carrots

Family 30-40 Minutes • 1 of your 5 a day

9



Carrot



Red Onion



Flat Leaf Parsley



Chicken Stock Paste



Caramelised
Onion Sausages



Garlic Clove



Brown Lentils



Creme Fraiche

Before you start

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

Cooking tools, you will need:

Kettle, Baking Tray, Sieve, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Carrot**	2	3	4
Caramelised Onion Sausages 14)**	4	6	8
Red Onion**	1	1	2
Garlic Clove	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Brown Lentils	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100g
Energy (kJ/kcal)	2395/572	518/124
Fat (g)	31	7
Sat. Fat (g)	13	3
Carbohydrate (g)	43	9
Sugars (g)	17	4
Protein (g)	27	6
Salt (g)	3.16	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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1



Roast the Carrots

Preheat your oven to 200°C, fill and boil your kettle. Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until the **carrots** are nicely browned and tender, 20-25 mins. Turn halfway.

2



Cook the Sausages

Meanwhile, pop the **sausages** on a lightly oiled baking tray. Bake in your oven until browned and cooked through, 20-25 mins, turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw meat. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.

3



Prep the Veg

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Drain and rinse the **lentils** in a sieve.

4



Cook the Lentils

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **red onion** and cook until softened, 5-6 mins, stirring occasionally. Stir in the **garlic**, cook for a minute more and then add the **boiling water** (see ingredients for amount) and **chicken stock paste**. Bring to the boil, then turn it down to a simmer, reduce by half, 5-6 mins. Mix in the **lentils** and **creme fraiche**. Heat until piping hot, then remove from the heat.

5



Finish the Lentils

Once the **sausages** and **carrots** are ready, reheat the **lentil mixture** if necessary and then stir in the **parsley**. Season with **salt** and **pepper** to taste.

6



Finish and Serve

Share the **lentils** between your bowls. Arrange the **roasted carrots** on top and then finish with the **sausages**.

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.