



Cumberland Sausages and Red Onion Gravy with Sweet Potato Mash and Tenderstem® Broccoli

Classic 40 Minutes • 2 of your 5 a day

5



Cumberland Sausage



Sweet Potato



Baking Potato



Red Onion



Balsamic Vinegar



Tenderstem® Broccoli



Red Wine Stock Paste

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, frying pan, colander and potato masher.

Ingredients

	2P	3P	4P
Cumberland Sausage** 14)	4	6	8
Sweet Potato**	1	1	2
Baking Potato**	1	1	2
Red Onion**	1	1½	2
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Tenderstem® Broccoli**	150g	200g	300g
Water for the Gravy*	100ml	150ml	200ml
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	2821 /674	515 /123
Fat (g)	30	5
Sat. Fat (g)	10	2
Carbohydrate (g)	74	14
Sugars (g)	19	3
Protein (g)	25	5
Salt (g)	3.69	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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 Sausages

Preheat your oven to 200°C. Put a large saucepan of **water** on to boil with ½ **tsp salt** for the **potatoes**. Pop the **sausages** onto a baking tray. When the oven is hot, roast on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.*



Boil the Broccoli

When the **water** is boiling, add the **broccoli** and cook until just tender, 3-5 mins. Once cooked, drain in the colander.



Prep the Veggies

Meanwhile, peel and chop the **sweet** and **white potatoes** into 2cm chunks. When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. While the **potatoes** cook, heat a drizzle of **oil** in a frying pan on medium heat. Halve, peel and thinly slice the **red onion**. When hot, add the **onion** to the pan and fry until soft and sweet, 8-10 mins. Add the **balsamic vinegar** and a pinch of **sugar** and cook until the **balsamic** has evaporated, 1-2 mins.



Make the Gravy

Meanwhile, add the **water for the gravy** (see ingredients for amount) and **red wine stock paste** to the **onion** pan. **TIP:** *If you have any red wine, add a splash now for extra flavour.* Bring to the boil, then lower the heat and simmer until reduced, 5-6 mins. **TIP:** *Add a splash of water if it's a little thick.* If you're feeling decadent, add a knob of **butter** (if you have any).



Mash your Spuds

Bring a large saucepan of **water** to the boil on high heat with ½ **tsp salt** for the **broccoli**. Once the **potatoes** are cooked, drain in a colander then pop back in the pan. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



Serve

When everything is ready, serve the **sausages** on top of a large helping of **mash**. Spoon over the **red onion gravy** and serve the **broccoli** alongside.

Enjoy!