



# Honey Mustard Sausages

with Sweet Potato Mash and Sticky Red Onion Gravy

**FAMILY** Hands On Time: 20 Minutes • Total Time: 35 Minutes • 1 of your 5 a day



Honey Mustard Sausages



Sweet Potato



Baking Potato



Red Onion



Balsamic Vinegar



Red Wine Stock Pot



Tenderstem Broccoli®

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Two Baking Trays, Frying Pan, Colander, Potato Masher and Measuring Jug.

### Ingredients

	2P	3P	4P
Honey Mustard Sausages <b>9) 14)**</b>	4	6	8
Sweet Potato**	1	1½	2
Baking Potato**	½	1	1
Red Onion**	1	1½	2
Balsamic Vinegar <b>14)</b>	1 sachet	1½ sachets	2 sachets
Water for Gravy*	200ml	300ml	400ml
Red Wine Stock Pot <b>14)</b>	1 pot	1½ pots	2 pots
Tenderstem Broccoli***	1 small pack	1 large pack	2 small packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	659g	100g
Energy (kJ/kcal)	3017 /721	458 /109
Fat (g)	21	3
Sat. Fat (g)	8	1
Carbohydrate (g)	114	17
Sugars (g)	29	4
Protein (g)	26	4
Salt (g)	4.02	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**9)** Mustard **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Sausage Time!

Preheat your oven to 200°C and put a large saucepan of **water** with a ½ tsp of **salt** on to boil for the potatoes. Put the **sausages** on a lightly oiled baking tray. Roast on the top shelf of your oven for 20-25 mins. Turn halfway through cooking. **IMPORTANT:** The sausages are cooked when they are no longer pink in the middle.



## 4. Make the Gravy

Add the reserved **potato water** (see ingredients for amount) to the pan with the **onion** along with the **red wine stock pot**. **TIP:** If you have any red wine, add a splash at this point for extra flavour. Bring to the boil, then lower the heat and simmer until your **gravy** has reduced and thickened, 5-6 mins. Simply add a splash more **water** if it gets too thick. If you're feeling decadent, add a knob of **butter** (if you have some).



## 2. Prep the Veggies

Meanwhile, peel and chop the **sweet potato** and **baking potato** into 2cm chunks. Add to the boiling **water** and simmer until tender, 15-20 mins. **TIP:** The potatoes are ready when you can easily slip a knife through them. Meanwhile, halve, peel and thinly slice the **red onion**. Heat a splash of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 8-10 mins, stirring often. Add the **balsamic vinegar** and cook for 2 mins.



## 5. Cook the Broccoli

Meanwhile, when your **sausages** have about 15 mins left in the oven, add the **tenderstem broccoli** to another baking tray. Drizzle on a little **oil** and season with **salt** and **pepper**. Roast for the remaining time, 12-15 mins. **TIP:** The broccoli should be tender and slightly crispy.



## 3. Mash the Spuds

Once the **potatoes** are cooked, drain them in a colander set over a bowl or jug to retain the **water** so you can use it for the **gravy**. Return the **potato** to the original saucepan, add a knob of **butter** (if you have some) and mash until smooth. Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



## 6. Serve

Serve the **honey mustard sausages** on top of a large helping of **mash**, with some **red onion gravy** spooned over and the **tenderstem broccoli** alongside.

## 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.