



Oven-Baked Sausages and Onion Gravy with Kale and Mixed Potato Champ

Classic 30-35 Minutes • 1 of your 5 a day

5



Potatoes



Sweet Potatoes



Spring Onion



Pork and Oregano Sausages



Chopped Kale



Onion Marmalade



Beef Stock Paste



Unsalted Butter

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, colander and potato masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Sweet Potatoes**	1	2	2
Spring Onion**	1	2	2
Pork and Oregano Sausages** (14)	4	6	8
Chopped Kale**	100g	200g	200g
Onion Marmalade	80g	120g	160g
Water for the Sauce*	50ml	75ml	100ml
Beef Stock Paste	10g	15g	20g
Unsalted Butter** (7)	30g	30g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	3461 / 827	585 / 140
Fat (g)	38	6
Sat. Fat (g)	18	3
Carbohydrate (g)	92	16
Sugars (g)	26	4
Protein (g)	25	4
Salt (g)	2.85	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ tsp salt for the **potatoes**. Chop the **white potatoes** and **sweet potatoes** into small 1cm chunks (peel first if you prefer). Trim and thinly slice the **spring onion**.



Simmer the Sauce

While the **potatoes** cook, pop the **onion marmalade** into a small saucepan on medium heat. Stir in the **water for the sauce** (see ingredients for amount) and **beef stock paste**, then bring to a simmer and cook until slightly reduced, 3-4 mins. Remove from the heat.



Bake the Sausages

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.*



Make the Champ

When the **potatoes** and **kale** are cooked, drain in a colander and pop back into the pan, off the heat. Add the **butter** and a splash of **milk** (if you have any), then season with **salt** and **pepper**. Mash together, then stir through the **spring onion - champ** done! Taste and add more **salt** and **pepper** if needed.



Cook the Potatoes

Meanwhile, add both types of **potato** to the pan of **boiling water** and cook until you can easily slip a knife through, 15-20 mins. Add the **kale** to the pan for the last 5 mins to simmer until tender.



Serve

When everything is ready, pop the **sausages** onto your plates with a generous helping of **champ** alongside. Spoon over the **onion gravy** to finish.

Enjoy!