



Quick Bangers and Champ Mash with Roasted Veg and Red Wine Jus

Calorie Smart 20 Minutes • 2 of your 5 a day

25



Potatoes



Carrot



Cumberland Sausage



Tenderstem® Broccoli



Red Wine Jus Paste



Spring Onion

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, saucepan, baking tray, lid, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	3	4	6
Cumberland Sausage** 14)	4	6	8
Tenderstem® Broccoli**	80g	150g	150g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Spring Onion**	1	2	2

Pantry	2P	3P	4P
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2535/606	445/106
Fat (g)	30.2	5.3
Sat. Fat (g)	10.0	1.8
Carbohydrate (g)	62.5	11.0
Sugars (g)	14.2	2.5
Protein (g)	25.3	4.4
Salt (g)	2.89	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

10) Celery 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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The Fresh Farm

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Prep the Veg

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle of **water**.

b) Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

c) Pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{2}$ **tsp salt**.

d) Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Make the Red Wine Jus

a) While everything roasts, pour the **water for the jus** (see pantry for amount) into a small saucepan and bring to the boil on high heat.

b) Stir in the **red wine jus paste**, then reduce the heat to medium-high.

c) Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.

d) Taste and season with **salt** and **pepper** if needed, then remove from the heat and cover with a lid or foil to keep warm.



Get Roasting

a) Meanwhile, pop the **sausages** and **carrots** onto a large baking tray with a drizzle of **oil**. Season the **carrots** with **salt** and **pepper**.

b) When the oven is hot, roast on the top shelf until the **carrots** are tender and the **sausages** are browned and cooked through, 16-18 mins.

Turn halfway through. **IMPORTANT:** *Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.*



Champ Mash Time

a) While the **red wine jus** simmers, trim and thinly slice the **spring onion**.

b) Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) to the **potatoes**, then mash until smooth.

c) Stir through the **spring onion**.

d) Season to taste with **salt** and **pepper**. Cover with a lid to keep warm.



Bring on the Broccoli

a) In the meantime, halve any thick **broccoli stems** lengthways.

b) When about 10 mins of roasting time remain, add the **Tenderstem®** to the baking tray. Drizzle with **oil**, season, then toss to coat. Spread out in a single layer. **TIP:** *Use another tray if necessary.*

c) Roast for the remaining time until the **broccoli** is tender and crispy, 10-12 mins.



Serve Up

a) Share the **champ mash** between your plates.

b) Top with the **sausages**, then pour over the **red wine jus** (reheat first if needed).

c) Serve the **roasted carrots** and **Tenderstem® broccoli** alongside.

Enjoy!