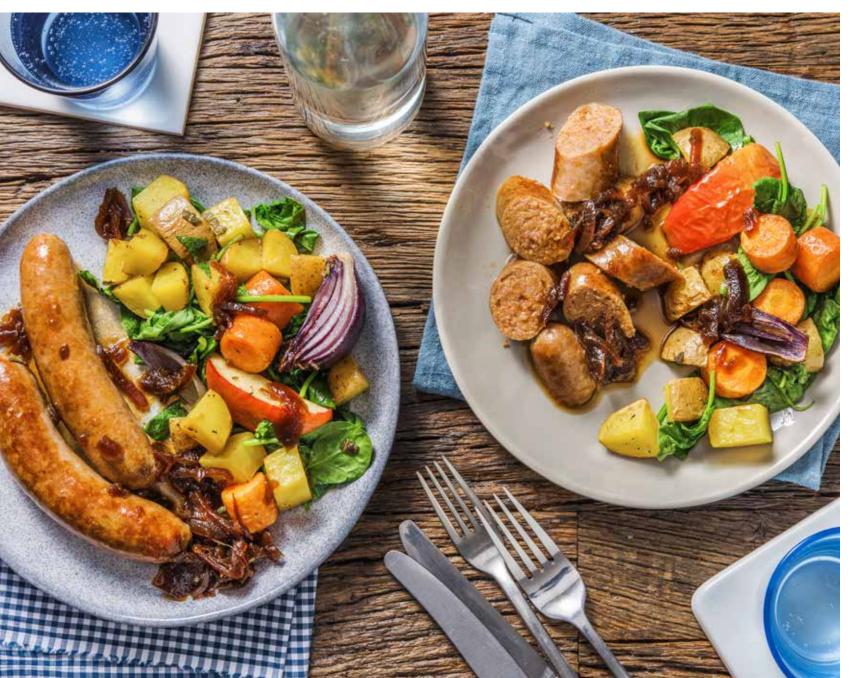


Caramelised Onion Sausage Traybake

with Carrots, Apple and Caramelised Onion Drizzle

FAMILY Hands On Time: 15 Minutes • Total Time: 40 Minutes • 2.5 of your 5 a day

















Caramelised **Onion Sausages**



Original Onion Marmalade



Baby Spinach

Before you start

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

Basic cooking tools you will need:

Large Baking Tray and Small Pan

Ingredients

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	2P	3P	4P
Red Onion**	1	2	2
Apple**	2	3	4
Carrot**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Sage**	½ bunch	¾ bunch	1 bunch
Caramelised Onion Sausages 14)**	4	6	8
Original Onion Marmalade	1 pots	2 pots	2 pots
Baby Spinach**	1 small bag	1 small bag	1 large bag

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	682g	100g
Energy (kJ/kcal)	2475 /592	363 /87
Fat (g)	17	2
Sat. Fat (g)	6	1
Carbohydrate (g)	90	13
Sugars (g)	36	5
Protein (g)	24	4
Salt (g)	2.03	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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. Get Prepped

Preheat your oven to 200°C. Peel the **onion** and chop into quarters. Halve the **apple**, remove the core and chop each half into three wedges. Trim the **carrot** (no need to peel) and chop into roughly 3cm chunks. Chop the **potatoes** into 2cm chunks (no need to peel). Pick the **sage leaves** from their stalks and roughly chop (discard the stalks).



2. Bake

Pop the **onion**, **apple**, **carrot**, **potato** and **sage** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat then spread out in one layer and roast on the top shelf of your oven for 15 mins.



3. Sausage Time!

When the 15 mins are up, remove the tray from the oven, give everything a shake and nestle the **sausages** in amongst everything. *IMPORTANT:* Remember to wash your hands and equipment after handling raw meat. Return to the oven until everything is golden and cooked, 15-20 mins. *IMPORTANT:* The sausages are cooked when no longer pink in the middle.



4. Heat the Sauce

Have a tidy up. About 5 mins before the sausages and veg are cooked pop a small pan on medium heat and add the **onion marmalade** and 1 tbsp **water** per person. Stir together then keep warm on a low heat - this is your **drizzle**.



5. Finish up

When the **sausages** and **veg** are cooked, remove the tray from the oven and spread the **spinach** out on top. Return to the oven for a minute - the **spinach** will wilt in the heat. Get ready to serve up!



6. Serve

Stir the **spinach** through the **traybake** to fully wilt it. Serve the **sausages** and **veg** on plates topped with the **drizzle**.

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.