



Sausages in Bacon & Mushroom Sauce

with Garlic Mash and Roasted Carrots

Family 35-40 Minutes • 2 of your 5 a day

10



Chantenay Carrot



Honey Mustard Sausages



Garlic Clove



Potatoes



Bacon Lardons



Sliced Mushrooms



Red Wine Jus 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, aluminum foil, colander, frying pan and potato masher.

Ingredients

	2P	3P	4P
Chantenay Carrot**	225g	300g	450g
Honey Mustard Sausages** 9) 14)	4	6	8
Garlic Clove**	2	3	4
Potatoes**	450g	700g	900g
Bacon Lardons**	60g	90g	120g
Sliced Mushrooms**	120g	180g	240g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	15g	22g	30g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	564g	100g
Energy (kJ/kcal)	2593 / 620	460 / 110
Fat (g)	26.5	4.7
Sat. Fat (g)	9.3	1.6
Carbohydrate (g)	64.4	11.4
Sugars (g)	15.9	2.8
Protein (g)	29.3	5.2
Salt (g)	3.5	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 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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1



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**.

Trim the **carrots** (no need to peel) and halve lengthways. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer on one side of the tray.

Pop the **sausages** onto the other side of the tray.
IMPORTANT: Wash your hands and equipment after handling raw meat.

4



Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons** and stir-fry for 3 mins. Add the **mushrooms**, season with **salt** and **pepper**, then stir-fry until golden, 4-5 mins.

Pour in the **water for the sauce** (see ingredients for amount) and bring to the boil, then stir in the **red wine jus paste**.

Reduce the heat to medium and allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins. Remove from the heat. **TIP:** Add a splash of water if it's a little thick.

2



Ready to Roast

When the oven is hot, roast the **carrots** and **sausages** on the top shelf until the **carrots** are tender and the **sausages** are golden brown and cooked through, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add to the baking tray to roast until soft, 10-12 mins, then remove and set aside.

5



Garlic Mash Time

Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add to the **cooked potatoes** with a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.

3



Cook the Potatoes

While everything roasts, chop the **potatoes** into 2cm chunks (peel first if you prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and pop back into the pan. Cover with a lid to keep warm.

6



Serve

When everything is ready, reheat the **sauce** if needed. **TIP:** Add a splash of water if it's a little thick.

Share the **sausages** between your plates, then serve with the **garlic mash** and **roasted carrots** alongside.

Spoon over the **mushroom sauce** to finish.

Enjoy!