



# Ultimate Sausages and Cheesy Roasted Garlic Mash with Bacon Green Beans and Sticky Redcurrant Gravy

35

Ultimate 40-45 Minutes • 1 of your 5 a day



Potatoes



Red Onion



Green Beans



Mature Cheddar  
Cheese



Garlic Clove



Red Wine Jus  
Paste



Redcurrant Jelly



Honey Mustard  
Sausages



Bacon Lardons

**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

Saucepan, grater, baking tray, frying pan, lid, aluminum foil, kitchen scissors and colander.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion**	1	1	2
Green Beans**	150g	200g	300g
Mature Cheddar Cheese** (7)	45g	60g	90g
Garlic Clove**	4	6	8
Red Wine Jus Paste (10) (14)	22g	30g	44g
Redcurrant Jelly	25g	37g	50g
Honey Mustard Sausages** (9) (14)	6	9	12
Bacon Lardons**	60g	90g	120g

Pantry	2P	3P	4P
Water for the Gravy*	200ml	300ml	400ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3794 /907	591 /141
Fat (g)	44.0	6.9
Sat. Fat (g)	17.7	2.8
Carbohydrate (g)	76.5	11.9
Sugars (g)	21.6	3.4
Protein (g)	45.2	7.0
Salt (g)	5.25	0.82

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 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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### Cook the Onion

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **potatoes**.

Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion**, season with **pepper** and fry until soft and sweet, 8-10 mins, stirring occasionally.



### Bacon Green Beans Time

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

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**

Add the **green beans** to the **bacon** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove from the heat and cover to keep warm.



### Prep the Rest

Meanwhile, peel and chop the **potatoes** into 2cm chunks. Trim the **green beans**. Grate the **cheese**.

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

When the **onion** is cooked, pour the **water for the gravy** (see ingredients for amount) into the pan and bring to the boil on high heat.

Stir in the **red wine jus paste** and **redcurrant jelly**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 10-12 mins.



### Make your Cheesy Mash

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

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

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



### Get Roasting

Pop the **sausages** and **garlic parcel** onto a baking tray. Roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins.

Halfway through, turn the **sausages** and remove the **garlic parcel**, setting it aside to cool.

**IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.**

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



### Serve

Reheat your **gravy** if necessary, adding a splash of **water** if it's a little thick.

Serve up your **ultimate sausages** with the **cheesy roasted garlic mash** and **bacon green beans** alongside.

Pour over the **redcurrant gravy** to finish.

### Enjoy!