



More Than Food
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3 days



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Sausage en Croute with Homemade Red Onion Marmalade and Tomato and Salad

Sausages come in all flavours now, with added tasty ingredients; which makes this filling more interesting than using a bland sausage meat. All plates of food should be colourful, hence the addition of various bright salad veggies to add interest and freshness. Lots of jobs for younger members of the family to assist with as well!



45 mins



family box



Onion (1)



Red Onion (1)



Ρυζικου ή Γεφυριού
Sausage (1)



Puff Pastry (1 sheet)



Balsamic Vinegar
(2 tbsp)



Cherry Tomatoes
(1 punnet)



Cucumber (1)



Lambs Lettuce and
Bulls Blood (2 bags)



Seville Orange & Honey
Dressing (1½ tbsp)

Ingredients

	4 PEOPLE	ALLERGENS
Onion, chopped	1	
Red Onion, sliced	1	
Pork and Oregano Sausage	1	Sulphites
Puff Pastry	1 sheet	Gluten, Lactose, Egg
Balsamic Vinegar	2 tbsp	Sulphites
Cherry Tomatoes, halved	1 punnet	
Cucumber, sliced	1	
Lambs Lettuce and Bulls Blood	2 bags	
Seville Orange and Honey Dressing	1½ tbsp	Sulphites

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Tomatoes are rich in vitamin C, an antioxidant that's good for your skin and vitamin A, which is good for your eyes.

Nutrition per serving: Calories: 658 kcal | Protein: 27 g | Carbs: 43 g | Fat: 40 g | Saturated Fat: 20 g

1



1 Pre-heat your oven to 200 degrees. Peel and cut the onion in half and chop it into 1cm pieces. Peel your red onion, slice in half through the root and then thinly cut lengthways into half moon shapes. **Tip:** *Make sure you keep the brown and red onions apart as it's important that we cook them separately in a bit!*

3



2 LH: *Split the sausage lengthways and squeeze the meat into a bowl, discarding the skin.*

5



4 Lay out your sheet of puff pastry on a flat surface and cut into two pieces widthways. One should be slightly bigger than the other. **LH:** *Place the smaller half on a lined baking tray and brush the edges of the rectangle with some water.* Place the sausage meat down the centre. Place the second pastry sheet over the top.

Tip: *This piece needs to be slightly bigger to fit over the filling.*

5



5 LH: *Press the edges together with fingers or a fork to seal the parcel.*

Tip: *If you have any milk, brush a little over the top of the pastry to glaze it, if not don't worry! Make some small slits in the top of the pastry to allow*

the steam to escape and pop your sausage puff into the oven for 20-25 mins.

6 Heat 2 tbsp of oil in the same pan you used in Step 3. Add the red onion and the balsamic vinegar. Season with ½ tsp of salt and a few good grinds of black pepper. Add ½ tbsp of sugar (if you have some). Cover and simmer gently for 10-15 mins until softened. Once cooked, take the pan off the heat and set aside.

7 Cut your cherry tomatoes in half and slice your cucumber widthways. Mix the cherry tomatoes with the cucumber and salad in a bowl. Drizzle the dressing over the salad. Slice the sausage puff and serve with your red onion marmalade and salad.