



Apple, Sausage and Cheese Pasty

with Mixed Salad

CLASSIC 45 Minutes

N° 21



Onion



Garlic Clove



Apple



Cheddar Cheese



Flat Leaf Parsley



Panko Breadcrumbs



Pork Sausage Meat



Cider & Horseradish Wholegrain Mustard



Puff Pastry Sheet



Premium Baby Leaf Mix

Before you start

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

Basic cooking tools, you will need:

Large Frying Pan, Fine Grater (or Garlic Press), Coarse Grater, Saucepan and Large Baking Tray.

Ingredients

	2P	3P	4P
Onion**	1	2	2
Garlic Clove**	1	2	2
Apple**	1	1	2
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13)	25g	35g	50g
Pork Sausage Meat 14) **	246g	370g	493g
Cider & Horseradish Wholegrain Mustard 9) 14)	1 pot	1½ pots	2 pots
Puff Pastry Sheet 13) **	1	1½	2
Premium Baby Leaf Mix **	1 bag	1½ bags	2 bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	480g	100g
Energy (kJ/kcal)	4730/1131	986/236
Fat (g)	70	15
Sat. Fat (g)	30	6
Carbohydrate (g)	88	18
Sugars (g)	13	3
Protein (g)	39	8
Salt (g)	3.69	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.
Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Caramelize the Onion

Preheat your oven to 200°C. Halve, peel and chop your **onion** into small pieces. Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **onion** and gently cook until soft and starting to colour, 6-8 mins, stirring occasionally.



2. Get Prepared

In the meantime, peel and grate the **garlic** (or use a garlic press). Quarter, core and grate the **apple** (no need to peel). Grate the **cheddar cheese**. Finely chop the **parsley** (stalks and all). Pop the **grated apple, cheddar cheese** and **parsley** into a large mixing bowl. Add the **panko breadcrumbs, sausage meat** and **half the mustard**.



3. Make the Filling

Once the **onion** is soft, add the **garlic** into the pan, cook for 30 more seconds then remove from the heat. Transfer the **garlicky onions** into the mixing bowl with the **sausage meat**. Season with a good pinch of **salt** and **pepper**, then mix together with your hands until everything is well combined. **IMPORTANT:** Wash your hands after handling raw meat.



4. Wrap the Sausage!

Cut the **puff pastry sheet(s)** in half widthways to make rectangles - you want half a sheet of **pastry** per person! Divide the **sausage mix** evenly between the number of people you're cooking for, shape into **logs**, flatten slightly. Pop one **log** onto the bottom half of each **pastry rectangle**. Fold the top **half** of the **pastry** over the **sausage** to enclose, gently press down the edges of the **pasty** with the back of a fork to seal the parcel on all 3 sides.



5. Bake

Use a sharp knife to gently score 3 lines on the top of the **pastry lid**. Carefully transfer the **pastry parcels** to a large baking tray (or two) and pop onto the top shelf of your oven to bake until the **sausage** is cooked and the **pastry** is golden, 30-35 mins. **IMPORTANT:** The sausage is cooked when no longer pink in the middle!



6. Serve

Meanwhile, drizzle some **olive oil** into a bowl and add the **mustard** and a pinch of **salt** and **pepper**. Mix together then pop the **mixed salad leaves** on top (we will toss at the end). Once cooked through, serve the **pasties** on plates. Toss the **salad** with the **mustard dressing** and serve alongside.

Dig in and Enjoy!