



Baked Caramelised Onion Sausages with Minty Couscous and Harissa Tomato Sauce

Family Hands On Time: 25 Minutes • Total Time: 30 Minutes • Little Spice • 2 of your 5 a day

N° 9



Red Onion



Garlic Clove



Bell Pepper



Caramelised
Onion Sausages



Couscous



Chicken Stock Paste



Flaked Almonds



Harissa Paste



Tomato Passata



Mint

Before you start

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

Cooking tools, you will need:

Garlic Press, Baking Tray, Measuring Jug, Saucepan, Frying Pan, Wooden Spoon, Plate.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Garlic Clove	1	2	2
Bell Pepper***	1	2	2
Caramelised Onion Sausages 14 **	4	6	8
Water for the Couscous*	140ml	360ml	480ml
Couscous 13	120g	180g	240g
Chicken Stock Paste	15g	20g	25g
Flaked Almonds 2)	15g	25g	25g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Tomato Passata	1 carton	1½ cartons	2 cartons
Sugar*	½ tsp	¾ tsp	1 tsp
Mint**	1 bunch	1 bunch	1 bunch

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	464g	100g
Energy (kJ/kcal)	2912 /696	628 /150
Fat (g)	28	6
Sat. Fat (g)	7	2
Carbohydrate (g)	71	15
Sugars (g)	19	4
Protein (g)	31	7
Salt (g)	4.10	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **sausages** onto a baking tray and roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. **IMPORTANT: The sausages are cooked when they are no longer pink in the middle. IMPORTANT: Wash your hands and equipment after handling raw meat.**



Make the Sauce

Pop your pan back on medium-high heat and add a drizzle of **oil**. Once hot, add the **red onion** and cook until softened, 4-5 mins. Stir in the **garlic** and **harissa paste** and cook, stirring for 1 min, then pour in the **water** (see ingredients for amount), **tomato passata** and the other **half of the chicken stock paste**. Season with **salt** and **pepper** and add the **sugar** (see **ingredients** for amount). Stir well, bring to the boil, reduce your heat to medium and simmer until the **sauce** has reduced by **half**, 5-7 mins. Stir occasionally.



Roast

Pour the **water** for the **couscous** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, remove from the heat, stir in the **couscous** and **half the chicken stock paste**. Cover with a lid and leave to the side for 8-10 mins or until ready to serve. When the **sausages** have been in the oven for 10 mins, turn them and add the sliced **pepper** to the tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast for the remaining time, 10-15 mins.



Finish Off

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Once the **couscous** is ready, fluff it up with a fork and stir in a drizzle of **oil** and **half the mint**. Taste and add **salt** and **pepper** if you feel it needs it. Once the **peppers** are cooked, stir them into the **sauce**, then taste and add **salt** and **pepper** if needed.



Toast the Almonds

Heat a large frying pan on medium heat (no oil) Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.** Remove to a bowl and set aside.



Serve

Serve your **sausages** on a bed of **couscous** and finish with your **spiced tomato sauce** and scattering of **almonds**. Sprinkle over the remaining **mint**.

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.