



Honey Mustard Sausages and Onion Gravy with Cavolo Nero Colcannon

Rapid 20 Minutes • 1 of your 5 a day

14



Honey Mustard Sausages



Potatoes



Red Onion



Cavolo Nero



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly

Before you start

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

Cooking tools, you will need:

Kettle, Baking Tray, Saucepan, Frying Pan, Wooden Spoon, Measuring Jug, Colander, Potato Masher.

Ingredients

	2P	3P	4P
Honey Mustard Sausages 9) 14)**	4	6	8
Potatoes**	450g	700g	900g
Red Onion**	1	2	2
Cavolo Nero**	100g	150g	200g
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Red Wine Stock Paste 14)	1 sachet	2 sachets	2 sachets
Redcurrant Jelly	25g	37g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	485g	100g
Energy (kJ/kcal)	2418 /578	499 /119
Fat (g)	21	4
Sat. Fat (g)	7	2
Carbohydrate (g)	68	14
Sugars (g)	20	4
Protein (g)	25	5
Salt (g)	3.82	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 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, Soy, Gluten & Sulphites.

Contact

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Bake the Sausages

a) Preheat your oven to 220°C. Fill and boil your kettle.

b) Pop the **sausages** on a baking tray and roast them on the top shelf of your oven until browned and cooked through, 18-20 mins, turning halfway through cooking. **IMPORTANT:** Wash your hands after handling raw meat. The sausages are cooked when no longer pink in the middle.



Cook the Potatoes

a) Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel).

b) Pop them in a large saucepan along with ½ tsp of **salt**, cover with **boiling water** and put onto high heat.

c) Boil the **potatoes** until you can easily slip a knife through, 15-20 mins.



Start the Sauce

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Heat a drizzle of **oil** in a small frying pan on medium heat.

c) Add the **onion** and cook until softened and beginning to brown, 5-7 mins. Stir often. This is the base of your **gravy**.



Cook the Cavolo Nero

a) When the **potatoes** have 6 mins left, add the **cavolo nero** to the pan of **potatoes**. **TIP:** Discard any tough stalks from the cavolo nero.

b) Submerge the **cavolo nero** in the **boiling water** or cover with a lid so it cooks.

c) Cook until tender, 6-7 mins.



Finish Off

a) Lower the heat of the pan with the **onions** to medium and add the **balsamic vinegar**.

b) Cook until almost evaporated, 1-2 mins.

c) Add the **water** (see ingredients for amount) to the pan and bring to the boil.

d) Stir in the **red wine stock paste** and **redcurrant jelly**. Simmer for 2-3 mins until the sauce has thickened slightly. **TIP:** Add a splash of water if you feel it needs it.



Mash and Serve

a) Meanwhile, drain the **potatoes** and **cavolo nero** in a colander then return to the pan.

b) Mash together and then mix in a knob of **butter** (if you have some). Season to taste with **salt** and **pepper** - **colcannon** made.

c) Share the **colcannon** between your plates and serve the **sausages** alongside.

d) Spoon the **gravy** over the **sausages** and tuck in.

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.