



More Than Food
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Honey Mustard Sausages, Sweet Potato Mash & Red Onion Gravy

Our butcher Nick 'The Knife' (less scary than he sounds), is a bit of a master when it comes to sausage making. We went up to his farm in Lancashire recently and came away with a whole box of sausages to road test back at the kitchen. What's your favourite sausage flavour? Tell us on Facebook and we'll put the best flavour on our menu!



30 mins



gluten free



lactose free



family box



healthy



Honey Mustard Sausage
(8)



Savoy Cabbage (1)



Garlic Clove (2)



Thyme (7 sprigs)



Bay Leaf (1)



Sweet Potato (2)



Potato (1)




Red Onion (2)



Beef Stock Pot (1)

Ingredients

	4 PEOPLE	ALLERGENS
Honey Mustard Sausage	8	Sulphites, Mustard
Savoy Cabbage, sliced	1	
Garlic Clove, chopped	2	
Thyme	7 sprigs	
Bay Leaf	1	
Sweet Potato, chopped	2	
Potato, chopped	1	
Red Onion, sliced	2	
Beef Stock Pot	1	

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

LH Step for little hands

Nutrition per serving: Calories: 540 kcal | Protein: 26 g | Carbs: 34 g | Fat: 34 g | Saturated Fat: 11 g

2



1 Pre-heat your oven to 200 degrees. Boil a large pot of water for the potatoes.

2 Once the oven is hot, put the sausages on a baking tray on the top shelf. Cook for 25 mins.

3 Cut your cabbage in half through the root, remove the root and slice each half into four wedges. Peel and finely chop your garlic.

4 Add 2 tbsp of oil to a frying pan on medium heat, add the garlic and cook for 1 minute then add your cabbage wedges. Fry for 3-4 mins on each side until lightly browned. Transfer to an ovenproof pot, add 175ml of water, 5 sprigs of thyme, your bay leaf and a pinch of salt and pepper. **Tip:** *If you have a spare chicken or vegetable stock pot, add that to your water as well. Cook in the oven for 12-15 mins.*

5 Meanwhile, peel and chop the sweet potatoes and potato into roughly 3cm cubes. Add ½ tsp of salt to the boiling water along with the potatoes. Boil for around 10 mins or until soft enough to eat.

6 Peel and slice the onions in half lengthways through the root. Slice the onions into thin half moons

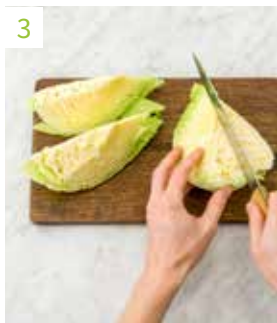
and heat 1½ tbsp of olive oil in a frying pan on medium heat. Once hot, add the onions, pull the leaves off your remaining thyme sprigs (disregard the stalks) and add these to the pan with a pinch of salt and pepper. Cook for 10 mins until soft and browned off.

7 Once the sweet potatoes and potatoes are cooked, drain them (but keep the water for your gravy), pop them back in the pot, add 2 tbsp of butter (if you have some) and mash. Taste and check for seasoning, add some salt and a grind of pepper if needed. **Tip:** *If you don't have a masher, use a fork.*

8 Pour 150ml of the reserved potato water into the fried onions together with the stock pot. Scrape the bottom of the pan and keep stirring until the gravy reduces a little. If you are feeling decadent, add 1 tsp of butter from your fridge. **Tip:** *If you have any red wine, add a 2 tbsp at this point for extra flavour.*

9 Serve the mash and sausages with the cabbage and a healthy spoonful of onion gravy.

3



4



6



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