



Honey Mustard Sausages in Creamy Sauce with Roasted Carrots and Herby Chips

Family 35-40 Minutes • 2 of your 5 a day

10



Potatoes



Dried Oregano



Carrot



Honey Mustard Sausages



Garlic Clove



Chicken Stock Paste



Creme Fraiche



Wholegrain Mustard



Honey Mustard Sausages

Pantry Items

Oil, Salt, Pepper, Honey

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Carrot**	3	4	6
Honey Mustard Sausages** 9) 14)	4	6	8
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	150g	150g
Wholegrain Mustard 9)	17g	25g	34g
Honey Mustard Sausages** 9) 14)	4	6	8
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	614g	100g	738g	100g
Energy (kJ/kcal)	2993 / 715	487 / 116	4290 / 1025	581 / 139
Fat (g)	34.0	5.5	53.4	7.2
Sat. Fat (g)	14.9	2.4	22.0	3.0
Carbohydrate (g)	76.3	12.4	88.1	11.9
Sugars (g)	24.2	4.2	29.0	3.9
Protein (g)	25.6	2.2	42.8	5.8
Salt (g)	3.42	0.56	5.39	0.73

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano**, then season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Make the Creamy Sauce

Once the **oil** is hot, add the **garlic**. Cook for 1 min. Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount), bring to the boil until reduced by half, 2-3 mins.

Once reduced, stir in the **creme fraiche** and **mustard** (add less if you'd prefer things milder). Bring back to the boil, reduce the heat and simmer until everything's piping hot, 1-2 mins.



Sausage Time

Pop the **carrot batons** onto one side of a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**. Toss to coat. Spread out in a single layer.

Add the **sausages** to the same tray. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. **TIP:** Use two baking trays if necessary.

Roast on the middle shelf of your oven until the **sausages** are cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to double up on **sausages**, cook the recipe in the same way but use separate trays for the **sausages** and **veg** if necessary. If using two trays, cook the **sausages** on the middle shelf and **veg** on the bottom.



Hey, Honey

When the **carrots** and **sausages** have 5 mins of cooking time remaining, carefully drizzle the **honey** (see pantry for amount) over the **carrots**, toss to coat, then return to the oven to cook for the remaining time.



Garlic Time

While everything cooks, peel and grate the **garlic** (or use a garlic press).

When there are about 10 mins of roasting time left, heat a drizzle of **oil** in a large saucepan on medium heat.



Serve Up

When everything's ready, share the **sausages** between your plates.

Serve the **herby chips** and **honey roasted carrots** alongside.

Finish by spooning over the **creamy mustard sauce**.

Enjoy!