







More Than Food
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Sausages with Broccoli and Potato Gratin and Glazed Carrots

Potato dauphinoise is possibly the most luxurious and delicious invention on the planet (according to our chef Mimi). This gratin however, is the slightly healthier version. Potatoes and broccoli combined with pancetta and cream, go hand in hand with some delicious sausages from our friends at Roaming Roosters, and with a side of honey glazed carrots, you can't go wrong!

 50 mins

 family box

 super spicy

 3 of your 5 a day



Potato (1 pack)



Broccoli (1)



Thyme (1/2 bunch)



Carrot (4)



Red Onion (2)



Cheddar Cheese (80g)



Pancetta (1 pack)



Double Cream (2 pots)



Dijon Mustard (1 tbsp)



Panko Breadcrumbs (50g)



Sausage (8)



Honey (1 tbsp)



Balsamic Vinegar (1 tbsp)


4 PEOPLE INGREDIENTS

- Potato, chopped **1 pack**
- Broccoli, florets **1**
- Thyme **½ bunch**
- Carrot, chopped **4**
- Red Onion, sliced **2**
- Cheddar Cheese **80g**
- Pancetta **1 pack**
- Double Cream **2 pots**
- Dijon Mustard **1 tbsp**
- Panko Breadcrumbs **50g**
- Sausage **8**
- Honey **1 tbsp**
- Balsamic Vinegar **1 tbsp**

Allergens: Milk, Mustard, Gluten, Sulphites.

Nutrition as per prepared and listed ingredients

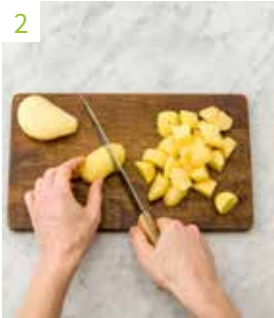
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	918 kcal / 3845 kJ	60 g	34 g	66 g	15 g	31 g	1 g
Per 100g	134 kcal / 551 kJ	9 g	5 g	10 g	2 g	5 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Mel Blanc, the voice of cartoon character Bugs Bunny, reportedly did not like carrots. The definition of ironic.

2



1 Bring a large pot of water to the boil with a pinch of **salt** and preheat your oven to 210 degrees.

2 Peel and chop the **potato** into roughly 2cm pieces and separate the **broccoli** into florets. Add your **potato** to the pot of boiling water and cook for 5 mins before adding your **broccoli** and cooking for a further 5 mins. Drain and leave in a colander for 2 mins.

3



3 Pull the **thyme leaves** off their stalks. Peel and chop the **carrot** in half lengthways, then chop into batons about 1cm wide and the length of your index finger. Peel and cut the **red onion** in half through the root, then slice thinly into half moon shapes. Grate the **cheese**.

4 Add a splash of **oil** to a frying pan on medium heat and add the **pancetta**. Cook for 4 mins or until crispy, then remove the pan from the heat and leave to one side.

5 Pour the **cream** into a jug, add half your **cheese**, half your **thyme leaves**, the **mustard**, a pinch of **salt** and a grind of **black pepper**.

6



6 Pop your **broccoli**, **potato** and **pancetta** into an ovenproof dish. **Tip:** Leave the oil from your **pancetta** in the frying pan if you can. Pour over your **cream mixture** and top with the **breadcrumbs**, your remaining **cheese** and another pinch of **salt** and **pepper**. Put the dish in your oven on the top shelf to cook for 25-30 mins or until brown and bubbling. This is your gratin.

7 Pop the **sausage** on a baking tray and place in your oven for 25 mins. Add your **carrot** to another baking tray, drizzle with **oil**, **honey**, remaining **thyme leaves**, and a pinch of **salt** and **black pepper**. Give the tray a good shake and put in your oven for 25 mins. **Tip:** If your oven only has two shelves, just move the carrots to the very bottom.

8



8 Add a splash of **oil** to the frying pan you used for your pancetta (no need to wash!). Put on medium heat and add your **onion**, **salt**, **pepper** and a pinch of **sugar** (if you have some). Cook for 10 mins, stirring occasionally until soft. Add the **balsamic vinegar** and cook for a further 10 mins on very low heat. When your **onion** is soft and caramelised, put a lid on the pan and leave to the side.

9 When your **gratin** is brown and bubbling, your **carrots** are roasted and your **sausage** is cooked, remove them all from your oven and serve on plates, with a spoonful of your **caramelised onion** on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!