



Pan-seared Sausages and Kale Colcannon

with caramelised onion gravy

25 – 30 mins

9



Pork Sausages



Potatoes



Onion



Balsamic Vinegar



Stock



Honey



Tomato Paste



Kale



Pork Sausages

Pantry Items: Sugar, Water, Salt, Pepper, Oil, Butter, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, pot with lid, potato masher

Ingredients

	2P	4P
Pork Sausage	450 g	900 g
Potatoes	600 g	1200 g
Onion	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Tomato Paste	1 tin	2 tins
Kale	80 g	160 g
Pork Sausages	900 g	1800 g

Nutrition

for uncooked ingredient	Recipe 1	
	Per 100 g	Per 100 g
Energy (kJ/kcal)	432.1 kJ/ 103.3 kcal	495 kJ/ 118 kcal
Fat (g)	3.3 g	4.8 g
Sat. Fat (g)	1.1 g	1.6 g
Carbohydrate (g)	12.6 g	10.6 g
Sugars (g)	2.9 g	2.7 g
Protein (g)	6.5 g	8.6 g
Salt (g)	0.8 g	1.1 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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Make the Colcannon

- Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Finely chop the **kale**. Discard the stems.
- Cook the **potatoes** in the boiling **water** for 8-10 mins, then add the **kale**. Cook until **potatoes** are fork tender, 8-10 mins more.
- Drain in a colander. Return to the pot, off the heat. Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

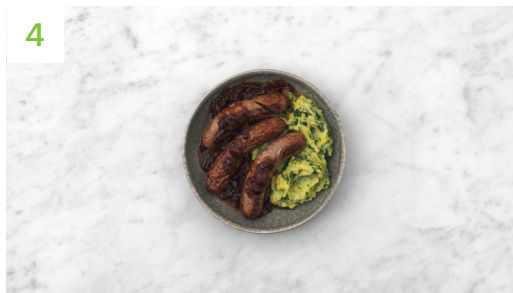


Plate and Serve

- Share the **kale** colcannon between plates.
- Serve the **sausages** alongside.
- Finish with a generous drizzle of rich **onion** gravy.

Enjoy!



Fry the Sausages

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **sausages** until browned and cooked through, shifting as they colour, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Sausages are cooked when no longer pink in the middle.
- While the **sausages** cook, halve, peel and thinly slice the **onion**.
- Once cooked, remove the **sausages** from the pan and cover to keep warm.



Simmer the Gravy

- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **onion** until softened, stirring occasionally, 4-5 mins.
- Lower heat to medium and add the **balsamic vinegar**. Cook until almost evaporated, 1-2 mins.
- Add **stock**, **honey**, **tomato paste**, ½ tsp **sugar** (per 2P) and 100ml **water** (per 2P). Bring to the boil.
- Simmer until gravy is thickened slightly, 2-3 mins. Season to taste with **salt** and **pepper**.

TIP: Add another splash of water if needed.