



Honey Mustard Sausages with spinach colcannon and onion gravy

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Pork Sausages



Onion



Baby Potatoes



Balsamic Vinegar



Honey



Baby Spinach



Tomato Paste



Chicken Stock

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

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Baking Sheet with Baking Paper, Colander, Lid, Pot, Potato Masher

Ingredients

	2P	4P
Pork Sausages	225 g	450 g
Onion	1 unit	2 units
Baby Potatoes	400 g	800 g
Balsamic Vinegar	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Baby Spinach	120 g	240 g
Tomato Paste	1 pack	2 packs
Chicken Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	454.5 g	100 g
Energy (kJ/kcal)	1782.9 kJ/ 426.1 kcal	392.3 kJ/ 93.8 kcal
Fat (g)	25.4 g	5.6 g
Sat. Fat (g)	9.7 g	2.1 g
Carbohydrate (g)	50.1 g	11 g
Sugars (g)	13.9 g	3.1 g
Protein (g)	21.3 g	4.7 g
Salt (g)	3.3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

Contact

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Cook the Sausages

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop the **sausages** onto a lined baking tray and roast them on the top shelf of your oven until browned and cooked through, 18-20 mins.
- Turn halfway through cooking. **IMPORTANT:** Wash your hands after handling raw meat. The sausages are cooked when no longer pink in the middle.



Start the Sauce

- Halve, peel and thinly slice the **onion**.
- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Add the **onion** to the pan and fry until softened, stirring occasionally, 4-5 mins. This is the base of your gravy.



Boil the Potatoes

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.

TIP: If you're in a hurry you can boil the water in your kettle.



Thicken the Sauce

- Lower the heat of the pan to medium and add the **balsamic vinegar**. Cook until almost evaporated, 1-2 mins.
- Add 75ml **water** (double for 4p) to the pan and bring to the boil.
- Stir in the **chicken stock, honey** and **tomato paste**.
- Simmer until the sauce has thickened slightly, 2-3 mins.

TIP: Add a splash of water if you feel it needs it.



Finish the Colcannon

- Add a knob of **butter** and a splash of **water** or **milk** to the **potatoes**.
- Mash until smooth. Season with **salt** and **pepper**.
- Mix the **baby spinach** into the mashed **potatoes**. Cover to keep warm.

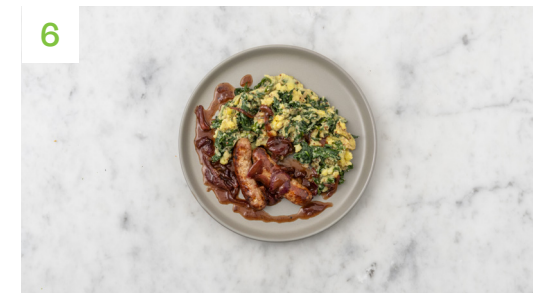


Plate and Serve

- Share the colcannon between your plates and serve the **sausages** alongside.
- Spoon the gravy over the **sausages** and tuck in.

Enjoy!