



Oven-baked Pork Sausages with minty couscous

Family 30-35 mins • Eat me first

5



Pork Sausages



Garlic



Onion



Passata



Couscous



Bell Pepper



Ground Cumin



Almonds



Mint



Paprika



Chicken Stock

Pantry Items: Water, Sugar, Oil, Salt, Pepper

Before you start

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

Cooking tools you will need

Grater, Lid, Pot

Ingredients

	2P	4P
Pork Sausages 14) 15)	225 g	450 g
Garlic	1 unit	2 unit
Onion	1 unit	2 unit
Passata	1 pack	2 pack
Couscous 11) 13)	100 g	250 g
Bell Pepper	1 unit	2 unit
Ground Cumin	1 sachet	2 sachet
Almonds 1) 2) 3) 15)	15 g	30 g
Mint	10 g	20 g
Paprika 9)	1 sachet	2 sachet
Chicken Stock	1 sachet	2 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	431.5 g	100 g
Energy (kJ/kcal)	2267.6 kJ/ 542 kcal	525.5 kJ/ 126 kcal
Fat (g)	30.9 g	7.2 g
Sat. Fat (g)	10 g	2.3 g
Carbohydrate (g)	60.5 g	14 g
Sugars (g)	15.4 g	3.6 g
Protein (g)	25.2 g	5.8 g
Salt (g)	4.1 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nuts **3)** Sesame **9)** Mustard **11)** Soya
13) Cereals containing gluten **15)** Wheat **14)** Sulphites

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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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **sausages** onto a lined baking tray and bake until golden brown and cooked through, 20-25 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. The sausages are cooked when they are no longer pink in the middle.



Make the Sauce

- Pop the pan back on medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and cook until softened, 4-5 mins.
- Stir in the **garlic**, **paprika** and **cumin**. Cook for 1 min, then pour in 75ml **water** (double for 4p), **passata** and remaining **chicken stock**.
- Stir well, bring to the boil, reduce heat to medium and simmer until the sauce has reduced by half, 5-7 mins. Stir occasionally.



Make the Couscous

- Boil 240ml **water** (double for 4p) in a pot for the **couscous**.
- When boiling, take off the heat, add **couscous** and half the **chicken stock**.
- Cover with a lid and leave to the side for 8-10 mins or until ready to serve.
- When **sausages** have been cooking for 10 mins, turn them and add the **pepper** to the tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Roast for a further 10-15 mins.

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



Finishing Touches

- Meanwhile, pick the **mint** leaves from their stalks and roughly chop (discard the stalks).
- Once the **couscous** is ready, fluff it up with a fork and stir in a drizzle of **oil** and half the **mint**.
- Season to taste with **salt** and **pepper**.
- Once the **peppers** are cooked, stir them into the sauce. Season to taste with **salt**, **pepper** and **sugar**.



Toast the Almonds

- Heat a large pan on medium heat (no oil).
- Once hot, add the **almonds** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins.
- Remove to a bowl and set aside.

TIP: Watch them like a hawk as they can burn easily.



Plate and Serve

- Serve your **sausages** on a bed of **couscous** and finish with your **tomato sauce** and a scattering of **almonds**.
- Sprinkle over the remaining **mint**.

Enjoy!