



Sausages in Sage Onion Gravy with creamy butternut mash

Family 25-30 mins • Eat me first

4



Pork Sausages



Diced Butternut Squash



Onion



Sage



Chicken Stock



Rocket



Balsamic Glaze



Worcester Sauce

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

Before you start

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

Cooking tools you will need

Colander, Large Pot, Lid, Potato Masher

Ingredients

	2P	4P
Pork Sausages	225 g	450 g
Diced Butternut Squash	1 unit	2 units
Onion	1 unit	2 units
Sage	5 g	10 g
Chicken Stock	1 sachet	2 sachets
Rocket	40 g	80 g
Balsamic Glaze	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	352 g	100 g
Energy (kJ/kcal)	1338.5 kJ/ 319.9 kcal	380.3 kJ/ 90.9 kcal
Fat (g)	25.3 g	7.2 g
Sat. Fat (g)	9.4 g	2.7 g
Carbohydrate (g)	26.9 g	7.7 g
Sugars (g)	15.6 g	4.4 g
Protein (g)	17.7 g	5 g
Salt (g)	3.5 g	1 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

Thumbs up or thumbs down?
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rate this recipe.



You can recycle me!



Make the Mash

- Boil a large pot of **water** for the **butternut squash**.
- Once boiling, cook until fork tender, 15-18 mins.
- Pick the **sage** leaves from their stalks and roughly chop (discard the stalks).
- Once the **squash** is cooked, drain in a colander and return to the pot, off the heat.
- Add half the chopped **sage**, a knob of **butter** and a little **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Create Your Gravy

- When the **oil** is hot, add the sliced **onions** and cook for 3-5 mins.
- Sprinkle in 1 tbsp **flour** (double for 4p) and cook for 1 min.
- Add 200ml **water** (double for 4), **chicken stock**, **worcester sauce** and remaining chopped **sage**.
- Bring to the boil then add in the cooked **sausages**.
- Cook for another 3-5 mins, until **sausages** are warmed through.



Cook the Sausages

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **sausages** and fry until browned and cooked through, 7-8 mins, shifting as they colour. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.
- Once cooked, set aside the **sausages**.



Make the Salad

- Meanwhile, in a bowl for the salad mix together **salt**, **pepper** and a drizzle of **oil**.
- Just before serving, toss the **salad leaves** in the dressing.



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- When **sausages** are cooked return the (now empty) pan to the heat with a drizzle of **oil**.



Dish Up

- Divide the salad between plates and drizzle over the **balsamic glaze**.
- Dish up the butternut mash and **sausages** with the **onion** gravy.

Enjoy!