



MARLEY SPOON



Bangers and Mash with Caramelised Onion Gravy

 30-40min  2 Portions

We give this British pub classic a makeover with premium pork sausages, a creamy, herb-studded mash, peas and spinach on the side, plus a gravy flavoured with golden caramelised onion and mustard. The result? A truly flavour-packed family winner.

What we send

- potato
- onion
- peas
- beef-style stock cube
- baby spinach leaves
- 4 Italian-style pork sausages ^{6,17}
- mint
- parsley

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- butter ⁷
- Dijon mustard ¹⁷
- milk ⁷
- olive oil
- plain flour ¹
- sea salt and pepper
- sugar

Utensils

- large frypan
- medium saucepan
- oven tray
- potato masher
- sieve
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If preferred, omit the herbs from the mash and scatter them over at the table.

Allergens

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 850kcal, Fat 53.7g, Carbs 51.1g, Proteins 33.7g



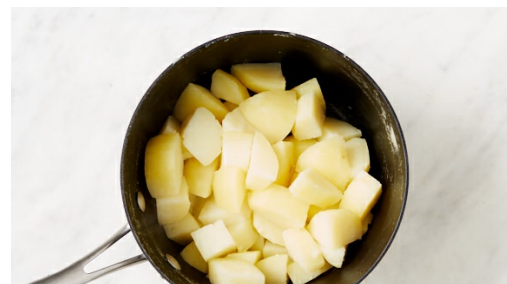
1. Cook sausages

Read through the recipe. Heat the oven to 120C, fan-forced. Heat **2 tsp olive oil** in a large frypan over medium-low heat. Cook the **sausages**, turning regularly, for 8-10 mins until golden and cooked through. Transfer the sausages to an oven tray and keep warm in the oven. Reserve the pan.



4. Make mash

Crumble **1 stock cube**** into a heatproof jug, add **1 tsp dijon mustard** and **435ml (1¾ cups) boiling water**, stir to dissolve. Add **15g butter** and **2 tbs milk** to potato and mash until smooth. Season with **salt** and stir in **most of the parsley and mint** (see cooking tip). Cover to keep warm. Bring a small saucepan of water to the boil for the greens.



2. Cook potatoes

While the sausages are cooking, peel the **potatoes** and cut into 3cm chunks. Put the potatoes in a medium saucepan, cover with cold salted water and bring to the boil. Cook for 15 mins or until the potatoes are tender. Drain well and return to the pan. Meanwhile, halve the **onion** and thinly slice.



5. Finish onion gravy

Scatter **1 tbs flour** over the caramelised onions and cook, stirring constantly, for 1 min or until the flour starts to take colour. Stirring constantly, gradually add the **stock** to the onion mixture and bring to the boil. Reduce the heat to low and cook, stirring occasionally, for 5 mins or until slightly thickened.



3. Caramelize onion

Melt **15g butter** in the reserved pan over medium heat. Cook the **onion**, stirring, for 3 mins or until starting to soften. Add **½ tsp sugar** and cook, stirring regularly, for a further 5 mins or until dark golden and caramelised. Meanwhile, finely chop the **mint** and **parsley** leaves, discarding the stems.



6. Cook greens

Cook the **peas** in the pan of boiling water for 2 mins or until bright green and tender. Add the **spinach**, stir to cover with water, then drain immediately. Divide the **mash**, **peas**, **spinach** and **sausages** among plates. Pour over the **onion gravy** and scatter over the **remaining herbs** to serve.

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