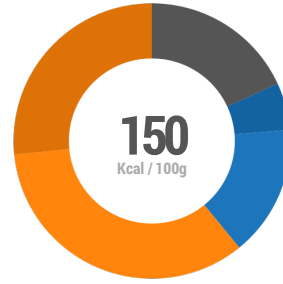


# Cumberland Sausage with Savoy Cabbage, Mash, Red Onion & Mustard Gravy

Cumberland Sausage with Roasted Red Onion, Buttered Savoy Cabbage & a Mustard Gravy

Overview ...



CALORIES:

20.9% Carbs

18.2% Protein

60.9% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MILK



MUSTARD



SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
70194 Prime Meats British Cumberland Rings.. - BRAKES	167g	1x Each
450520 Peka Chilled Mash Potato..	150g	
33588 Sysco Classic Bay Leaves (24 Jul 2023)..	5g	5x Each
74088 Unsalted Butter.. - BRAKES	10g	
88932 Brakes Wholegrain Mustard.. - BRAKES	2ml	
87468 Brakes Non-Stick Fry, Cook & Bake Spray.. - BRAKES	5g	
10467 Savoy Cabbage.. - BRAKES	80g	
10224 Red Onions.. - BRAKES	50g	
113874 Herb Bunched Thyme.. - BRAKES	1g	
113877 Rosemary.. - BRAKES	2g	
<b>88978</b> - 88978 Brakes Reduced Fat & Salt Gluten-Free Fine Gravy Granules.. - BRAKES	7.5g	0x Each

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 480g / 739kcal

# 1

#### Cooking Instructions & Notes

### Preparation:

- Secure the cumberland ring with a skewer
- Defrost the mash
- Shred, blanch & refresh the cabbage
- Peel & cut the red onion in half widthways
- Make up the gravy as per pack instructions using 100ml water
- Pick a thyme sprig
- Pick a rosemary sprig
- Mix the mustard in with the prepared gravy

### Method:

1. Pre-heat the oven to 180°C
2. Colour the cut side of the onion in a hot pan, season and set aside on a baking sheet on top of the herbs (thyme, rosemary & bay)
3. In the same pan lightly colour the sausage and set aside, along with the onion
4. Place the onion and sausage in the oven until core temp is reached (approx 10 minutes), turning if necessary
5. Put the mash into the microwave on high power for 2 mins or until core temperature is reached
6. Lightly sauté the blanched cabbage in melted butter
7. Remove the sausage & onion from the oven, push the rosemary, thyme & bay leaf into the sausage, top with the red onion
8. Place the mash onto your chosen dish, spoon on the cabbage & top with the sausage/onion, pour the gravy around - serve!

**NB. Don't forget to remove the skewer from the sausage**