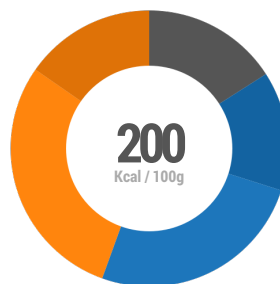


Pork Sausage 'Eclair'

By Oliver Lloyd from Brakes

Overview ...

U / 6630638



CALORIES:

39.6% Carbs

15.9% Protein

44.5% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MUSTARD



MILK



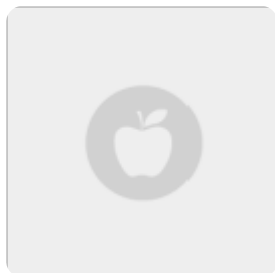
SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
3572 Brakes Essentials Pork Sausage Eights - BRAKES	114g	2.01x Each
3945 Brakes Mashed Potato - BRAKES	50g	0.02x Each
86274 Brakes Caramelised Red Onion Chutney - BRAKES	25g	0.02x Each
113880 Premium Large Chives Bunch - BRAKES	2g	0.02x Each
134544 Kuhne Crispy Fried Onions	5g	0x Each
88933 Brakes English Mustard - BRAKES	2ml	0x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

198g / 398kcal

Number of servings

Net pack weight

Cooking Instructions & Notes

Preparation:

Defrost the mash
Defrost the sausages
Chop the chives

Method:

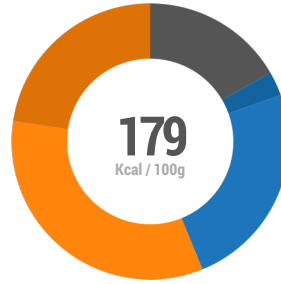
1. Cook the sausages in a pan until core temperature has been reached and they are nicely caramelised.
2. Warm the mash.
3. Drizzle your serving plate with the mustard and spoon on the chutney.
4. Add the sausages onto the plate, carefully pipe the mash onto the sausages.
5. Garnish with crispy onions and chopped chives - serve!

Classic Bangers and Mash

By Oliver Lloyd from Brakes

Overview ...

U / 6630611



CALORIES:

27.2% Carbs

16.7% Protein

56.1% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MILK



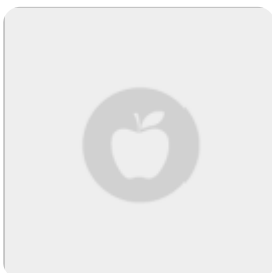
SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
3572 Brakes Essentials Pork Sausage Eights - BRAKES	171g	3.02x Each
134342 Brakes Onion Gravy - BRAKES	1g	Infinityx Each
3945 Brakes Mashed Potato - BRAKES	80g	0.03x Each
11127 Brakes Unsalted Butter - BRAKES	10g	0.04x Each
10428 Baby Leaf Spinach - BRAKES	60g	0.24x Each
134544 Kuhne Crispy Fried Onions	5g	
113880 Premium Large Chives Bunch	2g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

329g / 597kcal

Number of servings

Net pack weight

Preparation:

Chop chives

Defrost gravy

Defrost mash

Defrost the sausages

Method:

1. Cook the sausages in a pan until core temperature has been reached and they are nicely caramelised.
2. In a pan over a medium heat cook the spinach in the butter until wilted, season and sprinkle in half the crispy onions.
3. Warm the mash and in a pan over a high heat bring the onion gravy to a boil.
4. Spoon the mash onto a suitable dish alongside the spinach.
5. Add the sausages and spoon over the gravy.
6. Garnish with picked spinach leaves, crispy onions and chives - serve!