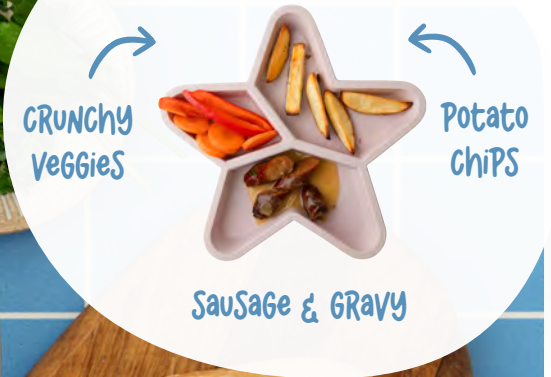




FOR the
Little ones



MUSTARD GRavy CHiPOLatas

Golden potatoes and juicy beef chipolatas baked in one tray with sweet and savoury honey mustard gravy.

45 Minutes

Beef

2 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	31g	107g

FROM YOUR BOX

BABY POTATOES	400g
CARROT	1
LEEK	1
RED CAPSICUM	1
BEEF CHIPOLATAS	300g
SEEDED MUSTARD	1 small jar
HONEY SHOT	1
BREAD ROLLS	2-pack
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour

COOKING TOOLS

oven tray / dish

Use this section for extra notes – e.g. variations, tips, or switch-ups.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – bread is replaced with GF bread.



1. PREP & Roast the Veggies

Set oven to 220°C.

Halve **potatoes** and roughly chop **carrot**. Cut **leek** into rounds and **capsicum** into strips. Toss with **oil, salt and pepper** on a lined tray/dish. Roast for 15 minutes.



4. WARM the Bread

Place **bread rolls** in the oven for the last 3-5 minutes to warm.



2. PREPARE honey MUSTARD GRAVY

In a jug, combine; **mustard, honey, 1 cup water, 1 tbsp cornflour**. Season with **salt and pepper** and whisk to combine well.



5. FINISH the COOKING

Chop **parsley** and slice or tear **bread rolls**.

Scatter **parsley** over the **tray** and serve at the table with **crusty bread**.



3. Make the GRAVY

Remove tray from oven. Pour in the **gravy** around the **vegetables**. Toss **chipolatas** with **oil** and place on top.

Return to oven and roast for 20 minutes, or until **sausages** are cooked through, **potatoes** are tender and the **gravy** has thickened.