



FOR THE
LITTLE ONES

CRUNCHY
VEGGIES

Potato
ChIPS

Sausage & Gravy



MUSTARD GRAVY CHIPOLATAS

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

 45 MINUTES

 Beef

 4/6 SERVINGS

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	30g	75g/64g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
CARROTS	2	3
LEEK	1	1
RED CAPSICUM	1	2
BEEF CHIPOLATAS	600g	600g + 300g
SEEDED MUSTARD	1 small jar	2 small jars
HONEY SHOTS	2	4
BREAD ROLLS	2-pack	2 x 2-pack
PARSLEY	1 packet	1 packet

FROM YOUR PANTRY

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

COOKING TOOLS

oven tray / large 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 **carrots**. Cut **leek** into rounds and **capsicum** into strips. Toss with **oil, salt and pepper** on a large lined tray/dish. Roast for 15 minutes.



4. WARM the BREAD

Please **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 1/2 cups water, 1 tbsp cornflour**. Season with **salt and pepper** and whisk to combine well.

6P - use **2 cups water and 1 1/2 tbsp cornflour**.



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.