



Food For Thought Recipe and Allergen Card

Sausage Casserole

50 Portions

Ingredient	Hannah Product Code	Quantity
Sausages	Cook's of Rainford	100
Potatoes (diced)		2k
Carrots (diced)		2k
Swede (diced)		2k
Onion		1k
Garlic		3 cloves
Knorr Gravy Powder	D006533	As Required
Salt and Pepper		To taste
Mixed Herbs	D001161	To taste

RECIPE METHOD – ALLERGENS

1. In a heavy bottomed pan add enough oil for frying, and heat thoroughly
2. When hot brown the sausages a few at a time (they do not need to be cooked through at this stage just coloured on the outside) and add to a suitable baking dish
3. Using the same pan add the diced onion and cook until golden
4. Add the diced potato, carrot and swede, season with salt and pepper, then cook for 10 minutes on a medium heat stirring regularly
5. Add enough water to cover the vegetables completely and bring to the boil
6. Add a little gravy powder (not too much, just so it very slightly thickens it)
7. Then cover the sausages in the baking dishes with the vegetables and sauce
8. Cover the dishes and bake at 180C for about 2 hours or until all the vegetables and sausages are tender and reached 75C

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...