



Sausage and Leek Flatbread with grated carrot salad

Classic Quick Cook 20-25 mins • Eat me first

3



Pork Sausages



Leek



Balsamic Vinegar



Passata



Salad Leaves



Carrot



Flatbread



Grated Cheese Mix

Pantry Items: Oil, Salt, Pepper, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Baking Sheet with Baking Paper

Ingredients

	2P	4P
Pork Sausages	225 g	450 g
Leek	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Passata	1 pack	2 packs
Salad Leaves	40 g	80 g
Carrot	1 unit	2 units
Flatbread	2 units	4 units
Grated Cheese Mix	50 g	100 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	528.5 g	100 g
Energy (kJ/kcal)	2855.6 kJ/ 682.5 kcal	540.3 kJ/ 129.1 kcal
Fat (g)	35 g	6.6 g
Sat. Fat (g)	15 g	2.8 g
Carbohydrate (g)	79 g	15 g
Sugars (g)	19.4 g	3.7 g
Protein (g)	33.7 g	6.4 g
Salt (g)	4 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice.
- Chop the **pork sausages** into 2cm wide slices.
IMPORTANT: Wash your hands and equipment after handling raw meat.



Assemble the Flatbreads

- Divide the sauce between the **flatbreads**. Use a spoon to spread the sauce over the base, leaving a 1cm border around the edge (as the crust).
- Scatter the **grated cheese mix** over the **flatbreads**.
- Top with the **sausage** and **leek**, spreading everything out evenly.
- Carefully pop your **flatbreads** onto a lined baking tray and bake in your oven until the **cheese** has melted and is bubbling, 6-7 mins.



Make the Sauce

- Pop the **passata** into a small bowl.
- Add 1 tbsp **sugar** (double for 4p), **salt** and **pepper**.
- Mix well to combine. You've made your base sauce!



Prepare the Salad

- While the **flatbreads** bake, trim the **carrot**, then coarsely grate (no need to peel).
- Mix together the **balsamic vinegar** and 2 tbsp **oil** (double for 4p).
- Just before serving, toss the **salad leaves** and grated **carrot** in the dressing. Don't do this too early or the salad will become soggy.
- Season to taste with **salt** and **pepper**.



Cook the Sausages

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- When the **oil** is hot add the **sausages** and cook for 3-4 mins, stirring occasionally. Remove from the pan when cooked through.
IMPORTANT: The sausages are cooked when no longer pink in the middle.
- Return the (now empty) pan to the heat and add another drizzle of **oil**, if necessary.
- Once hot, add the **leek** and season with **salt** and **pepper**. Cook until softened, 4-6 mins, stirring occasionally.



Serve Hot

- Remove the **flatbread** from the oven and cut into slices.
- Serve with the salad alongside.

Enjoy!