






More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Sausages with Parmesan Swede Wedges, Tenderstem & Red Onion Relish

Sausage and mash is an absolute classic. But you know how we treat classics at HelloFresh, right? We like to give them a bit of a twist and sprinkle some healthy magic dust on top. So, here's our sausage with parmesan swede wedges. What a treat! And don't forget your red onion relish. It's more bangin' than bangers and mash, trust us!



45 mins



family box



healthy



gluten free



Swede (2)



Parmesan (4 tbsp)



Rosemary (5 tbsp)



Pork and Oregano Sausage (8)



Red Onion (2)



Garlic Clove (2)




Tenderstem Broccoli (2 packs)



Balsamic Vinegar (2 tbsp)

Ingredients

	4 PEOPLE	ALLERGENS
Swede, chopped	2	
Parmesan	4 tbsp	Milk
Rosemary, chopped	5 tbsp	
Pork and Oregano Sausage	8	Sulphites
Red Onion, sliced	2	
Garlic Clove, chopped	2	
Tenderstem Broccoli, halved	2 packs	
Balsamic Vinegar	2 tbsp	Sulphites

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Ever tried buying a swede in the US? You can't. Why? It's got a completely different name - rutabaga!

Nutrition per serving: Calories: 558 kcal | Protein: 33 g | Carbs: 10 g | Fat: 43 g | Saturated Fat: 16 g

2



1 Pre-heat your oven to 220 degrees. Peel and chop your swedes in half, then chop into chip-shaped pieces roughly the length of your index finger and 1cm wide. Grate your parmesan, pull your rosemary leaves off their stalks and roughly chop them.

4



2 **LH:** Add your swede chips to a baking tray, drizzle over 4 tbsp of oil and sprinkle over ½ tsp of salt, a good grind of pepper and half your rosemary. Give the tray a good shake and then put in the oven on the top shelf to cook for 20 mins. When 20 mins are up, take your swede tray out of the oven, turn the swede chips over, add your parmesan to the baking tray and give it all a good shake. Pop back into the oven on the top shelf to cook for another 10-15 mins.

5



3 Meanwhile, you can tackle your sausages. Pop your sausages onto another baking tray, prick them each a couple of times with a sharp knife or fork and put them in the oven on the second shelf to cook for 30 mins, turning halfway through.

6



4 In the meantime, you can prepare your veggies and make your red onion relish. Chop your onions in half through the root,

peel and slice thinly into half moon shapes. Peel and finely chop your garlic and cut your broccoli in half widthways.

5 Heat 3 tbsp of olive oil on low heat in a non-stick saucepan. Add in the red onion slices with ½ tsp of sugar (if you have some) and a pinch of salt and pepper. Cook slowly for 10 mins, stirring occasionally and then add your balsamic vinegar and continue cooking slowly for another 10-15 mins. When the onions are looking lovely and caramelised, put a lid on the pan and leave to the side until everything else is ready.

6 About 7 mins before everything is ready, add 2 tbsp of oil to a frying pan on medium heat and add your broccoli and the rest of your chopped rosemary. Stir-fry for 5 mins before adding the garlic and stir-frying for a further minute.

7 Serve your sausages with your swede chips, stir-fried broccoli and your red onion relish on the side. Enjoy!