



Honey Mustard Sausages and Onion Gravy

with Spinach Mash and Roasted Carrots

25

Calorie Smart 25-30 Minutes • 3 of your 5 a day • Under 650 Calories • Air Fryer Friendly



Carrot



Honey Mustard Sausages



Potatoes



Red Onion



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Baby Spinach

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, saucepan, frying pan, colander and potato masher.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------------------|------|------|------|
| Carrot** | 3 | 4 | 6 |
| Honey Mustard Sausages** 9) 14) | 4 | 6 | 8 |
| Potatoes | 450g | 700g | 900g |
| Red Onion** | 1 | 2 | 2 |
| Balsamic Vinegar 14) | 12ml | 24ml | 24ml |
| Red Wine Stock Paste 14) | 28g | 56g | 56g |
| Redcurrant Jelly | 25g | 37g | 50g |
| Baby Spinach** | 100g | 100g | 200g |

| Pantry | 2P | 3P | 4P |
|----------------------|------|-------|-------|
| Water for the Sauce* | 75ml | 100ml | 150ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 665g | 100g |
| Energy (kJ/kcal) | 2658 /635 | 400 /96 |
| Fat (g) | 21.0 | 3.2 |
| Sat. Fat (g) | 7.4 | 1.1 |
| Carbohydrate (g) | 85.0 | 12.8 |
| Sugars (g) | 30.2 | 4.5 |
| Protein (g) | 25.4 | 3.8 |
| Salt (g) | 4.00 | 0.60 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Sausage and Veg Time

Preheat your oven to 220°C/200°C fan/gas mark 7. Fill and boil your kettle.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Add the **sausages** to the same tray. **TIP:** Use two baking trays if necessary.



Make the Onion Gravy

While the **potatoes** cook, heat a drizzle of **oil** in a small frying pan on medium-high heat. Once hot, add the **onion** and cook, stirring often, until softened, 5-7 mins.

Once the **onions** are soft, lower the heat to medium and add the **balsamic vinegar**. Cook until sticky, 1-2 mins.

Add the **water for the sauce** (see pantry for amount) and bring to the boil. Stir in the **red wine stock paste** and **redcurrant jelly**. Simmer until the **sauce** has thickened slightly, 2-3 mins. Add a splash of **water** if it's a little thick.



Get Roasting

When the oven is hot, roast on the top shelf until the **carrots** are tender and the **sausages** are browned and cooked through, 20-25 mins.

Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.



Bring on the Spinach Mash

When the **potatoes** have 1 min left, add the **spinach** to the same pan.

Once the **potatoes** and **spinach** are cooked, drain in a colander and return to the pan.

Add a knob of **butter** and a splash of **milk** (if you have any) and roughly mash. Season with **salt** and **pepper**.



Boil the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve, peel and thinly slice the **red onion**.

Pour the **boiling water** from your kettle into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.

Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Serve

Share the **spinach mash** between your plates and serve the **sausages** and **carrots** alongside.

Spoon the **onion gravy** over to finish.

Enjoy!

Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

1. Preheat your air fryer to 200°C. Prep, **oil** and season the **carrots**.

2. Once hot, add the **carrots** to the basket and place the **sausages** on top. Bake until tender and browned, 15-20 mins. Turn the **sausages** and shake the **carrots** halfway through.



WeightWatchers