

Honey Mustard Sausages and Red Onion Gravy with Sweet Potato Mash and Tenderstem® Broccoli



Calorie Smart 35-40 Minutes • 3 of your 5 a day • Under 650 Calories









Honey Mustard Sausages



Baking Potato







Broccoli

Red Onion

Balsamic Vinegar



Red Wine Stock Paste

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, sieve, potato masher, lid and colander.

Ingredients

Ingredients	2P	3P	4P
Honey Mustard Sausages** 9) 14)	4	6	8
Sweet Potato	1	1	2
Baking Potato	1	1	2
Red Onion**	1	11/2	2
Balsamic Vinegar 14)	12ml	18ml	24ml
Tenderstem® Broccoli**	150g	200g	300g
Red Wine Stock Paste 14)	28g	42g	56g
Pantry	2P	3P	4P
Water for the Gravy*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	614g	100g
Energy (kJ/kcal)	2718 /650	443/106
Fat (g)	20.6	3.4
Sat. Fat (g)	7.5	1.2
Carbohydrate (g)	84.8	13.8
Sugars (g)	25.4	4.1
Protein (g)	26.7	4.4
Salt (g)	3.91	0.64

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.

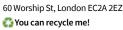
SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Sausages

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Pop the sausages onto a baking tray. When the oven is hot, bake on the middle shelf until golden brown 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.

Meanwhile, peel and chop the sweet and white potatoes into 2cm chunks (no need to peel).



Potato Time

Pour the **boiled water** into a large saucepan with 1/2 tsp salt and bring back to the boil.

Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

While the **potatoes** cook, heat a drizzle of **oil** in a frying pan on medium heat.

Halve, peel and thinly slice the **red onion**.



Get Frying

Once the oil is hot, add the onion and season with salt and pepper. Fry, stirring occasionally, until golden, 8-10 mins.

Add the **balsamic vinegar** and a pinch of **sugar** (if you have any). Cook until caramelised, 1-2 mins more.

Once the **sweet** and **white potatoes** are cooked, drain in a sieve and pop back into the pan, off the heat. Add a knob of butter and a splash of milk (if you have any) and mash until smooth.

Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



Bring on the Broccoli

Meanwhile, bring a large saucepan of water with ½ tsp salt to the boil for the broccoli. Cut the Tenderstem® broccoli into thirds.

When your pan of water is boiling, add the broccoli and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Drizzle with a little oil and season with salt and pepper.



Make the Red Onion Gravu

While the broccoli cooks, add the water for the gravy (see pantry for amount) and red wine stock paste to the onion pan.

Bring to the boil, then lower the heat and simmer until reduced, 5-6 mins. Taste and season with salt and **pepper** if needed. Add a splash of **water** if it's a little thick. TIP: If you're feeling decadent, add a knob of butter (if you have any).



Serve

When everything's ready, share a generous helping of sweet potato mash between your plates and top with the honey mustard sausages.

Spoon over the **red onion gravy** and serve the broccoli alongside.

Enjoy!



