



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

26

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



Honey Mustard Sausages



Sweet Potato



Baking Potato



Red Onion



Balsamic Vinegar



Tenderstem® Broccoli



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	1½	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 for uncooked ingredient	Per serving	Per 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).



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**.



Potato Time

Pour the **boiled water** into a large saucepan with ½ **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**.



Make the Red Onion Gravy

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).*



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.



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!



Weight Watchers