



Cumberland Sausages and Root Veg Mash

with Rosemary Carrots and Red Wine Jus

Festive Flavours 35-40 Minutes • 3 of your 5 a day

5



Baking Potato



Parsnip



Garlic Clove



Carrot



Dried Rosemary



Cumberland Sausages



Red Wine Jus Paste



Cumberland Sausages



In Collaboration with Colman's - Fire up your bangers with Colman's mustard!



Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you choose to add or double up on protein, then just follow the instructions on the back of this card.
Happy cooking!

Before you start

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

Cooking tools

Saucepan, baking tray, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Parsnip**	3	4	6
Garlic Clove**	2	3	4
Carrot**	3	5	6
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Cumberland Sausages** (14)	4	6	8
Red Wine Jus Paste (10) (14)	22g	37g	44g
Cumberland Sausages** (14)	4	6	8
Pantry	2P	3P	4P
Water for the Jus*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	644g	100g	768g	100g
Energy (kJ/kcal)	2582/617	401/96	4066/972	530/127
Fat (g)	30.7	4.8	59.2	7.7
Sat. Fat (g)	10.1	1.6	19.8	2.6
Carbohydrate (g)	64.6	10.0	73.2	9.5
Sugars (g)	18.3	2.8	19.6	2.5
Protein (g)	24.1	3.7	40.3	5.2
Salt (g)	3.03	0.47	4.8	0.63

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

10) Celery 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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Start the Mash

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Trim the **parsnips**, then halve lengthways (no need to peel). Chop into 2cm chunks.

Peel the **garlic**, but keep the **cloves** whole.

When boiling, add the **potatoes**, **parsnips** and **whole garlic cloves** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Make the Jus

Meanwhile, pour the **water for the jus** (see pantry for amount) into another small saucepan. Bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-low. Allow the **sauce** to bubble and thicken, stirring regularly, 7-8 mins. **TIP: If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.**

Once thickened, remove from the heat and cover to keep warm. Add a splash of **water** if it's a little too thick.



Prep the Carrots

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto one side of a large baking tray. Drizzle with **oil**, sprinkle over the **rosemary** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

Pop the **sausages** onto the other side of the baking tray. **TIP: Use two baking trays if necessary. IMPORTANT: Wash your hands and equipment after handling raw meat.**

CUSTOM RECIPE

If you've chosen to double up on **sausages**, cook the recipe in the same way but use separate trays for the **sausages** and **veg** (if necessary). If you're using another tray, cook the **sausages** on the top shelf and **veg** on the middle.



Finish the Mash

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

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

Cover with a lid to keep warm.



Time to Roast

When the oven's hot, bake the **sausages** and **carrots** on the top shelf until the **sausages** are golden brown and cooked through and the **carrots** are tender, 20-25 mins. **IMPORTANT: The sausages are cooked when no longer pink in the middle.**

Turn the **sausages** and **carrots** halfway through.



Glaze and Serve

When everything's ready, transfer the **sausages** and **carrots** to your plates.

Share out the **mash** alongside (reheat first if needed) and spoon over the **red wine jus** to finish (reheat the **jus** first if needed).

Enjoy!

