



Cumberland Sausages and Parsley Mash with Jerk Spiced Veg and Mango Chutney Gravy

10

Family 35-40 Minutes • Mild Spice • 3 of your 5 a day



Bell Pepper



Red Onion



Carrot



Caribbean Style Jerk



Cumberland Sausages



Potatoes



Chicken Stock Paste



Mango Chutney



Flat Leaf Parsley



Streaky Bacon

Pantry Items

Oil, Salt, Pepper

FESTIVE CUSTOM RECIPE

If you chose to add bacon to make your recipe festive, 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. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Carrot**	2	3	4
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Cumberland Sausages** 14)	4	6	8
Potatoes	450g	700g	900g
Chicken Stock Paste	10g	15g	20g
Mango Chutney	40g	80g	80g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Streaky Bacon**	4 rashers	6 rashers	8 rashers
Pantry	2P	3P	4P
Water for the Gravy*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	701g	100g	731g	100g
Energy (kJ/kcal)	2858 /683	408 /97	3215 /768	440 /105
Fat (g)	30.4	4.3	37.2	5.1
Sat. Fat (g)	10.1	1.4	13.0	1.8
Carbohydrate (g)	82.0	11.7	82.0	11.2
Sugars (g)	28.0	4.0	28.0	3.8
Protein (g)	23.9	3.4	29.4	4.0
Salt (g)	3.51	0.50	4.49	0.61

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

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, cereals containing 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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Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Put a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** on to boil for the **potatoes**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **red onion**. Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Bring on the Gravy

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium heat.

Once hot, add the **onion**, season with **salt**, then fry until golden, 10-12 mins.

Stir in the **water for the gravy** (see pantry for amount) and **chicken stock paste**, then bring to a simmer.

Mix in the **mango chutney**, then stir and simmer until thickened, 5-6 mins. Taste and season with **salt** and **pepper**.



Get Baking

Put the **pepper** and **carrots** on a baking tray. Drizzle with **oil**, sprinkle with the **Caribbean style Jerk** and season. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

Pop the **sausages** alongside the **veg** and roast on the top shelf until the **veg** is soft and the **sausages** are cooked, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to turn the **sausages** into **pigs in blankets**, wrap **one rasher of bacon** around each **sausage**. Starting at the top, spiral the **bacon** down the **sausage** so that it covers the whole thing, then place the **sausages** on top of the **veg** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Make your Parsley Mash

While the **gravy** simmers, roughly chop the **parsley** (stalks and all).

Once the **potatoes** are ready, drain in a colander and pop back into the pan. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Stir through the **parsley**, then season with **salt** and **pepper**. Cover with a lid to keep warm.



Cook the Potatoes

While the **sausages** and **veg** cook, chop the **potatoes** into 2cm chunks (peel first if you'd prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Finish and Serve

When ready, reheat the **gravy** if necessary and add a splash of **water** if it's a little too thick.

Serve the **roasted sausages** and **veg** on plates with the **parsley mash** alongside. Spoon over the **mango chutney gravy** to finish.

Enjoy!