

# Honey and Mustard Sausage Traybake

with Roast Potatoes and Buttery Sauce

40-45 Minutes • 3 of your 5 a day















Carrot





Chicken Stock Paste

Potatoes



Onion Marmalade





### Pantry Items

Oil, Salt, Pepper, Butter

#### **CUSTOM RECIPE**

If you chose 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 Baking tray and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Apple**	1	2	2
Carrot**	3	4	6
Potatoes	450g	700g	900g
Sage**	½ bunch	¾ bunch	1 bunch
Honey Mustard Sausages** 9) 14)	4	6	8
Onion Marmalade	40g	60g	80g
Chicken Stock Paste	10g	15g	20g
Honey Mustard Sausages** <b>9) 14)</b>	4	6	8
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### Mutrition

INGCI ICIOI	Custom Recipe			
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	689g	100g	813g	100g
Energy (kJ/kcal)	2999 /717	435 /104	4296 / 1027	529 /126
Fat (g)	30.1	4.4	49.5	6.1
Sat. Fat (g)	12.8	1.9	19.9	2.4
Carbohydrate (g)	86.2	12.5	98.0	12.1
Sugars (g)	33.7	4.9	38.5	4.7
Protein (g)	24.7	3.6	42.0	5.2
Salt (g)	3.29	0.48	5.26	0.65

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

## **Allergens**

#### 9) Mustard 14) Sulphites

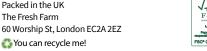
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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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## **Get Prepped**

Preheat your oven to 220°C/200°C fan/gas mark 7. Halve and peel the **red onion**, then chop each half into quarters. Halve the **apple**, remove the core and chop each half into three wedges (no need to peel).

Trim the carrot, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Chop the **potatoes** into 2cm chunks (no need to peel).

Pick the sage leaves from their stalks and roughly chop (see ingredients for amount, discard the stalks).



#### Roast the Potatoes

Pop the **potatoes** onto a large baking tray. Drizzle with oil, season with salt and pepper, then toss to coat.

Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



## Sausage and Veg Time

Meanwhile, pop the onion, apple, carrot and sage onto another large baking tray and drizzle with oil. Season with salt and pepper, toss to coat, then spread out in a single layer.

Place the **sausages** on top of the **veg**, then roast on the middle shelf of your oven until the veg is tender and the **sausages** are cooked through, 30-35 mins. IMPORTANT: Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.

#### **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 using two trays, cook the sausages on the middle shelf and veg on the bottom.



## Make the Buttery Sauce

About 5 mins before the sausages and veg are cooked, pop a small saucepan on medium heat.

Add the onion marmalade, chicken stock paste and water for the sauce (see pantry for amount) to the pan. Stir together and bring to the boil, then remove from the heat and stir in the butter (see pantry for amount) until melted.

Taste and season with salt and pepper if needed, then set aside.



## Mix it Up

When everything's cooked, add the **roast** potatoes to the sausage and veg tray. Mix everything together.

Reheat the **buttery sauce** if necessary.



#### Serve

Share the roasted veg and sausages between your plates.

Spoon over the **buttery sauce** to finish.

## Enjoy!