



Cumberland Sausages and Cheesy Wedges with Sticky Glazed Apples and Carrots

Classic 35-40 Minutes • 3 of your 5 a day



Potatoes



Carrot



Apple



Cumberland Sausages



Grated Hard Italian Style Cheese



Apple and Sage Jelly



Cumberland Sausages

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	3	4	5
Apple**	2	3	4
Cumberland Sausages** 14)	4	6	8
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Apple and Sage Jelly	37g	50g	74g
Cumberland Sausages** 14)	4	6	8

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	646g	100g	770g	100g
Energy (kJ/kcal)	3033 /725	469 /112	4517 /1080	586 /140
Fat (g)	32.5	5.0	61.1	7.9
Sat. Fat (g)	11.8	1.8	21.5	2.8
Carbohydrate (g)	86.6	13.4	95.3	12.4
Sugars (g)	35.3	5.5	36.6	4.7
Protein (g)	25.4	3.9	41.5	5.4
Salt (g)	2.63	0.41	4.41	0.57

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

Allergens

7) Milk 8) Egg 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. Be careful when adding water to hot pans while cooking.

Contact

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Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and 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, 25-35 mins. Turn halfway through.



Add the Cheese

When the **wedges** have 5 mins remaining, remove the tray from the oven, sprinkle over the **hard Italian style cheese** and pop back into the oven for the remaining time.



Finish the Prep

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

Core and cut the **apple** into 8 wedges (no need to peel).

Pop the **carrots** onto one side of another large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



Glaze it Up

Once the **carrots** and **apples** are roasted, remove the tray from the oven and drizzle over the **apple and sage jelly**.

Toss together so both are evenly glazed.



Sausage Time

Place the **sausages** onto the other side of the **carrot** tray. Roast on the middle shelf until tender, 20-25 mins. Turn halfway through.

When turning the **sausages** halfway through, add the **apple wedges** to the **carrot** side of the tray. Drizzle a little **oil** over them and toss to coat. **IMPORTANT:** Wash your hands and equipment after handling raw meat. 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, using another tray (if necessary).



Serve

Transfer the **sausages** to your plates.

Serve with the **cheesy wedges** and **sticky apples and carrots** alongside.

Finish with a dollop of **ketchup** (see pantry for amount) alongside for dipping.

Enjoy!