



Quick Bangers and Garlic Mash

with Roasted Veg and Red Wine Jus

Quick 20-25 Minutes • 2 of your 5 a day

13



Potatoes



Carrot



Garlic Clove



Cumberland Sausages



Tenderstem®
Broccoli



Red Wine
Jus Paste



Cumberland
Sausages

Pantry Items

Oil, Salt, Pepper

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

Kettle, saucepan, baking tray, lid, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	3	4	6
Garlic Clove**	2	3	4
Cumberland Sausages** 14)	4	6	8
Tenderstem Broccoli**	80g	150g	150g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Cumberland Sausages** 14)	4	6	8
Pantry	2P	3P	4P
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	640g	100g	764g	100g
Energy (kJ/kcal)	2630 / 629	411 / 98	4114 / 983	538 / 129
Fat (g)	29.9	4.7	58.5	7.7
Sat. Fat (g)	10.0	1.6	19.7	2.6
Carbohydrate (g)	67.7	10.6	76.3	10.0
Sugars (g)	14.2	2.2	15.4	2.0
Protein (g)	25.0	3.9	41.1	5.4
Salt (g)	2.66	0.42	4.44	0.58

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, 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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

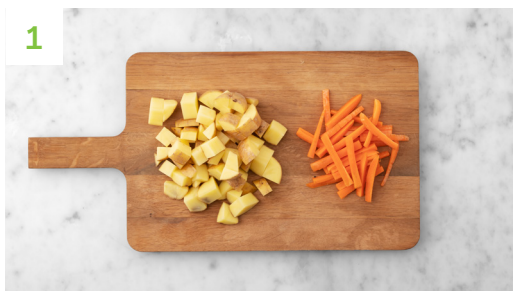
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Prep the Veg

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.

b) Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Peel the **garlic cloves** but leave them whole.

c) Pour the **boiling water** into a large saucepan with **½ tsp salt**.

d) Add the **potatoes** and **garlic cloves** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Make the Red Wine Jus

a) While everything roasts, pour the **water for the jus** (see pantry for amount) into a small saucepan and bring to the boil on high heat.

b) Stir in the **red wine jus paste**, then reduce the heat to medium-high. **TIP:** *If your red wine jus paste has hardened, pop it in a bowl of hot water for 1 min.*

c) Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.

d) Taste and season with **salt** and **pepper** if needed, then remove from the heat and cover with a lid or foil to keep warm.



Get Roasting

a) Meanwhile, pop the **sausages** and **carrots** onto a large baking tray with a drizzle of **oil**. Season the **carrots** with **salt** and **pepper**.

b) When the oven is hot, roast on the top shelf until the **carrots** are tender and the **sausages** are browned and cooked through, 18-20 mins. Turn halfway through.

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, using another tray (if necessary).



Mash Time

a) Once the **potatoes** 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), then mash until smooth.

b) Season to taste with **salt** and **pepper**. Cover with a lid to keep warm.



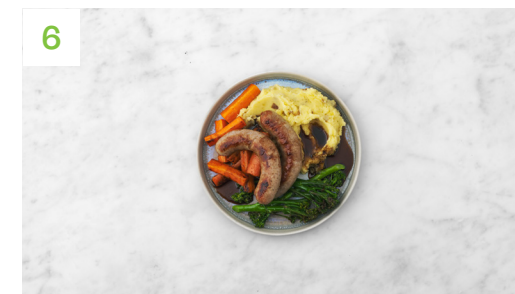
Bring on the Broccoli

a) Meanwhile, halve any thick **broccoli stems** lengthways.

b) When about 10 mins of roasting time remain, add the **Tenderstem®** to another baking tray. Drizzle with **oil**, season, then toss to coat. Spread out in a single layer. **TIP:** *Use another tray if necessary.*

c) Roast on the middle shelf for the remaining time until the **broccoli** is tender and crispy, 8-10 mins.

If you'd prefer to, boil your broccoli in step 4 while the jus cooks, until just tender, 3-4 mins. Once cooked, drain and return to the pan. Drizzle with oil and season with salt and pepper.



Serve Up

a) Share the **garlic mash** between your plates.

b) Top with the **sausages**, then pour over the **red wine jus** (reheat first if needed).

c) Serve the **roasted carrots and Tenderstem® broccoli** alongside.

Enjoy!