



Honey Mustard Sausages and Onion Gravy

with Spinach Mash, Baby Corn, Greens and Carrots

Family 25-30 Minutes • 2 of your 5 a day

49



British Honey Mustard Sausages



Potatoes



Red Onion



Baby Corn, Greens & Carrots



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Baby Spinach

Pantry Items
Oil, Salt, Pepper

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, baking tray, saucepan, frying pan, lid, bowl, aluminium foil, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
British Honey Mustard Sausages** 9) 14)	4	6	8
Potatoes	450g	700g	900g
Red Onion**	1	2	2
Baby Corn, Greens & Carrots**	200g	400g	400g
Balsamic Vinegar 14)	12ml	24ml	24ml
Red Wine Stock Paste 14)	28g	56g	56g
Redcurrant Jelly	25g	37g	50g
Baby Spinach**	40g	100g	100g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	609g	100g
Energy (kJ/kcal)	2592 /620	426 /102
Fat (g)	20.5	3.4
Sat. Fat (g)	7.3	1.2
Carbohydrate (g)	80.3	13.2
Sugars (g)	25.4	4.2
Protein (g)	25.3	4.2
Salt (g)	3.81	0.63

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, mollusc, 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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Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Add the **sausages** to a large baking tray. When the oven is hot, roast the **sausages** they are browned and cooked through, 20-25 mins.

Turn halfway through. **IMPORTANT:** *Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.*



Finish the Gravy

Once the **onions** are soft, lower the heat to medium and add the **balsamic vinegar**. Cook until sticky, 1-2 mins.

Add the **water for the sauce** (see pantry for amount) and bring to the boil. Stir in the **red wine stock paste** and **redcurrant jelly**. Simmer until the **sauce** has thickened slightly, 2-3 mins. Add a splash of **water** if it's a little thick.

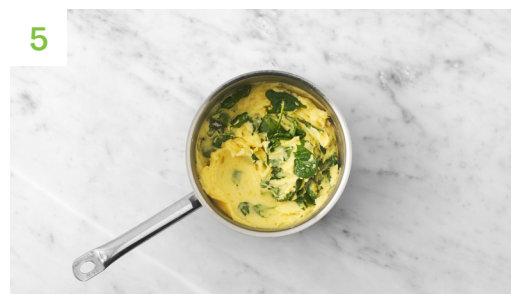


Boil the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve, peel and thinly slice the **red onion**.

Pour the **boiling water** from your kettle into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.

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



Mash Time

When the **potatoes** have 1 min left, add the **spinach** to the same pan. Once the **potatoes** and **spinach** are cooked, drain in a colander and return to the pan.

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



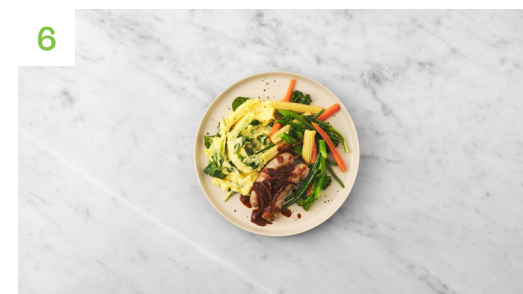
Cook your Veg

While the potatoes cook, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mixed veg**, season with **salt** and **pepper** and cook for 2-3 mins. Add a splash of **water**, cover with a lid (or some foil) and steam-fry until tender, 4-5 mins.

Transfer the **veg** to a bowl and cover with foil to keep warm.

Pop your pan back on medium-high heat and add a drizzle of **oil** and the **sliced onion**. Cook, stirring often, until softened, 5-7 mins.



Serve Up

Share the **spinach mash** between your plates and serve the **sausages** and **veg** alongside.

Spoon over the **onion gravy** to finish.

Enjoy!