



Honey Mustard Sausages in Creamy Sauce

with Baby Corn, Greens & Carrots and Herby Chips

46

Family 35-40 Minutes • 1 of your 5 a day



Potatoes



Mixed Herbs



British Honey Mustard Sausages



Baby Corn, Greens & Carrots



Garlic Clove



Chicken Stock Paste



Creme Fraiche



Wholegrain Mustard



British Honey Mustard Sausages

Pantry Items
Oil, Salt, Pepper

+ Double Sausages

If you chose to double sausages, 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, garlic press, frying pan, lid, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
British Honey Mustard Sausages** 9) 14)	4	6	8
Baby Corn, Greens & Carrots**	200g	400g	400g
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	150g	150g
Wholegrain Mustard 9)	17g	25g	34g
British Honey Mustard Sausages** 9) 14)	4	6	8

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	543g	100g	667g	100g
Energy (kJ/kcal)	2850 /681	525 /125	4147 /991	622 /149
Fat (g)	33.7	6.2	53.1	8.0
Sat. Fat (g)	14.8	2.7	21.9	3.3
Carbohydrate (g)	64.8	11.9	76.6	11.5
Sugars (g)	12.4	2.3	17.2	2.6
Protein (g)	26.8	4.9	44.0	6.6
Salt (g)	3.29	0.61	5.26	0.79

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

Allergens

7) Milk 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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Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, then season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Cook your Veg

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **mixed veg** and season with **salt** and **pepper**. Stir-fry for 2-3 mins, then add a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **veg** is tender, 4-5 mins.

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



Sausage Time

Pop the **sausages** onto another baking tray and, when the oven is hot, bake on the middle shelf until golden brown and cooked through, 20-25 mins.

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

+ Double Sausages

If you've chosen to double up on **sausages**, cook the recipe in the same way, using another tray if necessary.



Make the Creamy Sauce

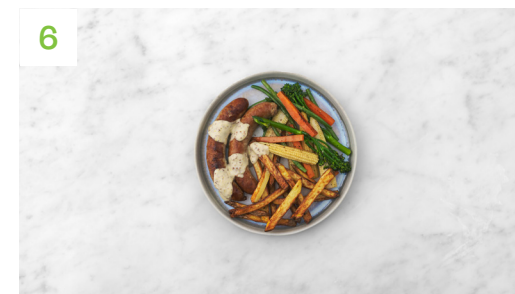
Pop your pan back on medium high heat and add a drizzle of **oil**. Add the **garlic**. Cook for 1 min. Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount), bring to the boil until reduced by half, 2-3 mins.

Once reduced, stir in the **crema fraiche** and **mustard** (add less if you'd prefer). Bring back to the boil, reduce the heat and simmer until everything's piping hot, 1-2 mins. Remove from the heat



Fry Your Veg

While everything cooks, peel and grate the **garlic** (or use a garlic press).



Serve Up

When everything's ready, share the **sausages** between your plates.

Serve the **herby chips** and **veg** alongside.

Finish by spooning over the **creamy mustard sauce**.

Enjoy!