



Sausages in Mushroom Sauce

with Garlic Mash and Green Beans

Calorie Smart

30-35 Minutes • 1 of your 5 a day • Under 650 Calories

27



British Honey Mustard Sausages



Garlic Clove



Potatoes



Green Beans



Sliced Mushrooms



Red Wine Jus Paste

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

Saucepan, baking tray, aluminium foil, lid, bowl, colander and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
British Honey Mustard Sausages** 9) 14)	4	6	8
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Green Beans**	80g	150g	150g
Sliced Mushrooms**	120g	180g	240g
Red Wine Jus Paste 10) 14)	15g	22g	30g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	2237 /535	417/100
Fat (g)	20.1	3.8
Sat. Fat (g)	7.3	1.4
Carbohydrate (g)	61.5	11.5
Sugars (g)	9.2	1.7
Protein (g)	24.7	4.6
Salt (g)	2.70	0.50

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

Allergens

9) Mustard 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, 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.


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

Contact

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Roast the Sausages

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

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ tsp **salt** for the **potatoes**.

Pop the **sausages** onto a 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.



Make the Mushroom Sauce

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms**, season with **salt** and **pepper**, then stir-fry until golden, 4-5 mins.

Pour in the **water for the sauce** (see pantry for amount) and bring to the boil, then stir in the **red wine jus paste**. **TIP:** If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Reduce the heat to medium-high and allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins. Add a splash of **water** if it's a little thick, then remove from the heat.



Prep Time

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **garlic parcel** to the same tray to roast until soft, 10-12 mins, then remove and set aside.

While everything roasts, chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **green beans**.

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Garlic Mash Time

Once the **potatoes** are cooked, drain in a colander and pop back into the pan. Cover with a lid to keep warm.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add the **garlic** to the **cooked potatoes** with a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.

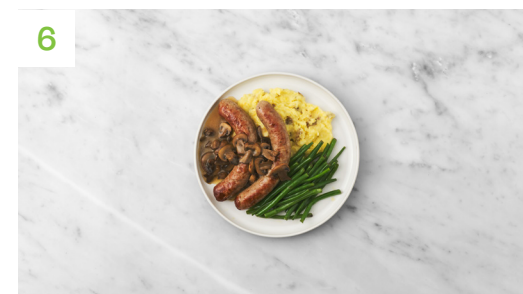


Bring on the Beans

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil.

Cook until tender, 4-5 mins, then transfer to a bowl and cover to keep warm.



Serve Up

When everything's ready, reheat the **sauce** if necessary, adding a splash of **water** if needed.

Share the **sausages** between your plates, then serve with the **garlic mash** and **green beans** alongside.

Spoon the **mushroom sauce** over the **sausages** to finish.

Enjoy!