



Sausages in Mushroom Sauce

with Garlic Mash, Baby Corn, Greens and Carrots

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

50



British Honey Mustard Sausages



Garlic Clove



Potatoes



Baby Corn, Greens & Carrots



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

Ingredients

Ingredients	2P	3P	4P
British Honey Mustard Sausages** 9) 14)	4	6	8
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Baby Corn, Greens & Carrots**	200g	400g	400g
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	5967g	100g
Energy (kJ/kcal)	2342 /560	393 /94
Fat (g)	20.4	3.4
Sat. Fat (g)	7.3	1.2
Carbohydrate (g)	64.4	10.8
Sugars (g)	11.6	1.9
Protein (g)	26.2	4.4
Salt (g)	2.71	0.45

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.

Contact

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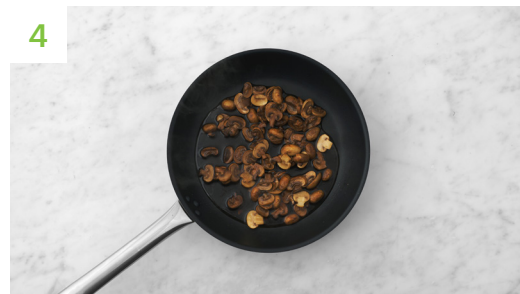
Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7 and bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **potatoes**.

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

Add the **sausages** to a large baking tray. When the oven is hot, roast the **sausage** until browned and cooked through, 20-25 mins. Add the **garlic parcel** to the same tray to roast until soft, 10-12 mins, then remove and set aside.

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



Make the Mushroom Sauce

Pop your 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, pop it in a bowl of hot water for 1 min.

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.



Cook the Potatoes

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

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

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



Garlic Mash Time

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**.

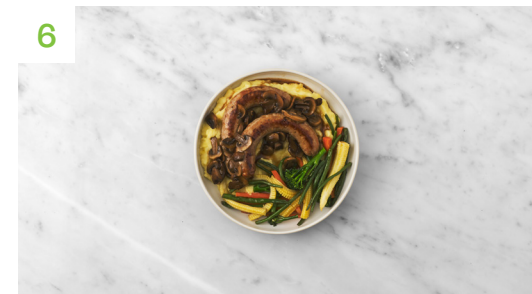


Cook your Veg

Meanwhile, 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.



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 **veg** alongside.

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

Enjoy!