



Honey Glazed Sausage and Veg Bake

with Bravas Inspired Sauce

9

Classic 30-35 Minutes • 2 of your 5 a day



Potatoes



Red Onion



Smoked Paprika



British Cumberland Sausages



Peas



Tomato Passata



Chicken Stock Paste



British Cumberland Sausages

Pantry Items

Oil, Salt, Pepper, Honey, Mayonnaise

+ Double Sausages

If you chose to double sausages, then just follow the instructions on the back of this card.

Happy cooking!

A Spanish favourite, bravas sauce is lightly spiced with paprika and tomatoey. It only takes 10 minutes to prep the elements of this Honey Glazed Sausage and Veg Bake - even making the sauce from scratch!



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, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion	1	2	2
Smoked Paprika	1 sachet	2 sachets	2 sachets
British Cumberland Sausages** 14)	4	6	8
Peas**	120g	240g	240g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
British Cumberland Sausages** 14)	4	6	8
Pantry	2P	3P	4P
Honey*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	623g	100g	747g	100g
Energy (kJ/kcal)	3342 / 799	537 / 128	4826 / 1153	646 / 154
Fat (g)	40.2	6.5	68.8	9.2
Sat. Fat (g)	10.8	1.7	20.5	2.7
Carbohydrate (g)	87.2	14.0	95.8	12.8
Sugars (g)	29.0	4.7	30.3	4.1
Protein (g)	27.1	4.3	43.2	5.8
Salt (g)	3.36	0.54	5.13	0.69

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

Allergens

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 Started

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Halve and peel the **red onion**, then cut each half into 3 wedges.



Yes Peas

When the **sausages** have 5 mins of roasting time remaining, add the **peas** to the tray, drizzle with a little **oil** and season with **salt** and **pepper**.

Return to the oven for the remaining cook time.



Roast the Veg

Pop the **potato chunks** and **onion wedges** onto a large baking tray.

Drizzle with **oil**, sprinkle over **half the smoked paprika**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Make the Bravas Sauce

Meanwhile, pop a small saucepan on medium-high heat.

Stir in the **passata**, **chicken stock paste**, remaining **smoked paprika** and **half of the honey** (see pantry for amount).

Bring to the boil, then reduce the heat. Cover with a lid and simmer until slightly thickened, 2-3 mins. Taste and season with **salt** and **pepper** if needed.



Roast the Sausages

Meanwhile, pop the **sausages** onto another baking tray.

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. They're 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).



Serve

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

Serve the **roasted veg** alongside, then spoon over the **bravas sauce** and drizzle on the **mayo** (see pantry for amount).

Drizzle the remaining **honey** (see pantry for amount) over the **sausages** to finish.

Enjoy!