



Curried Roasted Veg and Sausage Traybake

with Potatoes, Mango Chutney and Mayo

9

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



Potatoes



Curry Powder Mix



British Cumberland Sausages



Red Onion



Peas



Black Sesame Seeds



Mango Chutney



Mayonnaise



British Cumberland 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. Ingredients in **red** are hot!

Cooking tools

Baking tray.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
British Cumberland Sausages** 14	4	6	8
Red Onion	1	2	2
Peas**	120g	180g	240g
Black Sesame Seeds 3	5g	7g	10g
Mango Chutney	40g	60g	80g
Mayonnaise 8 9	64g	96g	128g
British Cumberland Sausages** 14	4	6	8

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	536g	100g	660g	100g
Energy (kJ/kcal)	3151 /753	588 /140	4635 /1108	702 /168
Fat (g)	39.1	7.3	67.7	10.3
Sat. Fat (g)	10.6	2.0	20.3	3.1
Carbohydrate (g)	80.0	14.9	88.7	13.4
Sugars (g)	22.8	4.3	24.1	3.6
Protein (g)	25.4	4.7	41.5	6.3
Salt (g)	2.86	0.53	4.63	0.70

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

Allergens

3) Sesame 8) Egg 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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **potato chunks** onto a large baking tray.
Drizzle with **oil**, sprinkle over the **curry powder mix**, 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.



Get Roasting

When the **potatoes** have 15 mins remaining, add the **onion wedges** to the **potato** tray.

Drizzle with a little more **oil**, toss together with the **potatoes** and return to the oven for the remaining cook time.



Add the Sausages

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

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).



Final Touches

When the **potatoes** and **onion** have 2 mins of roasting time remaining, add the **peas** to the same tray and toss together with another drizzle of **oil** (if needed).

Return to the oven for the remaining time.



Prep the Onion

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



Serve

Transfer the **sausages** to your plates and serve with the **roasted curried veg** alongside.

Sprinkle over the **black sesame seeds** and drizzle with the **mango chutney**.

Serve the **mayo** alongside for dipping.

Enjoy!