



Caramelised Onion Sausages with Celeriac Colcannon and Apple Chutney Gravy

Family Hands On Time: 15 Minutes • Total Time: 25 Minutes • 1 of your 5 a day



Celeriac



Baking Potato



Spring Onion



Garlic Clove



Cheddar Cheese



Pork and Caramelised
Onion Sausages



Chopped
Savoy Cabbage



Plain Flour



Apple Chutney



Chicken Stock Powder

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Peeler, Fine Grater (or Garlic Press), Frying Pan and Potato Masher.

Ingredients

	2P	3P	4P
Celeriac 10 **	½	1	1
Baking Potato**	1	1	2
Spring Onion**	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Cheddar Cheese 7 **	1 block	2 blocks	2 blocks
Pork and Onion Sausages 14 **	4	6	8
Oil for the Roux*	1 tbsp	1½ tbsp	2 tbsp
Chopped Savoy Cabbage**	1 small bag	1 large bag	2 small bags
Plain Flour 13	8g	12g	16g
Apple Chutney	1 pot	2 pots	2 pots
Water for Gravy*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2517 /602	390 /93
Fat (g)	26	4
Sat. Fat (g)	10	2
Carbohydrate (g)	65	10
Sugars (g)	13	2
Protein (g)	29	5
Salt (g)	3.03	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Prep Time

Preheat your oven to 200°C. Pop a large pan of **water** onto boil with ½ tsp of **salt**, we will use it for the **mash**. Peel and chop both the **celeriac** and **potato** into 2cm chunks. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar** on the coarse side of your grater.



Make the Gravy

Meanwhile, heat the **oil** (see ingredients for amount) in the same frying pan over medium heat. Stir in the **flour** until you have a paste (this is a **roux**). Cook for a minute then stir in the **apple chutney**. Gradually add the **water** (see ingredients for amount) stirring out any lumps that form. Stir in the **stock powder**, bring to the boil then lower the heat and simmer until the **gravy** has thickened to your liking, 8-10 mins.



Roast the Sausages

Add the **potatoes** and the **celeriac** (see ingredient list for amount) to the pan of **water**. Bring to the boil then lower the heat to medium and simmer until you can easily slip a knife through both, 20-25 mins. Carefully arrange the **sausages** on a baking tray and roast in the oven until browned and cooked through, 20-25 mins. Turn halfway through cooking. **IMPORTANT:** Wash your hands after handling raw meat.



Mash!

When the **potatoes** and **celeriac** are cooked, drain in a colander, allow to steam dry for 1-2 mins, then return to the pan. Mash the **potatoes** and **celeriac** and then stir in the **cabbage**, **Cheddar**, **half the spring onion** and a knob of **butter** (if you have some). Season well with **salt** and **pepper** and get ready to serve.



Cook the Cabbage

Meanwhile, heat a frying pan over medium-high heat with a drizzle of **oil**, add the **garlic** and cook, stirring, for 1 min. Add the **cabbage**, season with **salt** and **pepper** and stir-fry for 1 min. Add a splash of **water**, cover with a lid (or some foil) and cook until tender, 2-3 mins. Pop the **cabbage** into a bowl but don't wash out the pan!



Serve

Once everything is cooked, re-heat your **gravy** before serving and add a splash of **water** if you think it is needed. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Share the **mash** between your plates and sprinkle the remaining **spring onion** on top. Lay the **sausages** alongside and then pour over the **gravy**. Dig in!

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.