



# CREAMY SAUSAGE STEW

with Rice and Broccoli



## HELLO MUSHROOMS

Exposing your mushrooms to sunlight for a few hours before preparing can boost their vitamin D levels.



Pork Sausage



Echalion Shallot



Garlic Clove



Chestnut Mushrooms



Broccoli



Chives



Cardamom Pods



Water for the Rice



Basmati Rice



Water for the Stew



Chicken Stock Pot



Peas



Crème Fraîche

40 mins

Family Box

2.5 of your 5 a day

eat within 2 days

This creamy sausage stew is bound to be a crowd-pleaser. It's served with fluffy rice and broccoli florets to cover all nutritional bases. You can even cater for mushroom haters by serving them separately. Enjoy!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, two **Large Saucepans** (one with a **Lid**), a **Fine Grater** (or **Garlic Press**), **Measuring Jug** and **Colander**. Now, let's get cooking!



### 1 COOK THE SAUSAGE

Slice open the **sausage** and remove the **meat** (discard the skin). Break into roughly 2cm pieces. (Remember to wash your hands after handling raw meat!) Put a small splash of **oil** in a frying pan on medium-high heat. Add the **sausage meat** and fry for 10-12 mins, turning occasionally. You want it to brown, but nice and gently. Once cooked, transfer to a plate (no need to wash the pan).



### 2 PREP THE VEGGIES

Put a large saucepan of water with a pinch of **salt** on to boil for the **broccoli**. Halve, peel and slice the **shallot** into thin half moons. Peel and grate the **garlic** (or use a garlic press). Cut the **chestnut mushrooms** into thin slices. Cut the **broccoli** into florets (small trees!). Finely chop the **chives**.



### 3 COOK THE RICE

Pop the **cardamom pods** in another large saucepan with the **water for the rice** (amount specified in the ingredient list). Add a pinch of **salt** and the **basmati rice** and bring to a boil. Pop on a lid, reduce the heat to low and cook for 10 mins. After 10 mins, remove the pan from the heat. Leave the lid on and set aside for a further 10 mins. The **rice** will finish cooking in its own steam.



### 4 START THE STEW

Meanwhile, add the **mushrooms** to the (now empty) frying pan. Cook for 5 mins then add the **shallot**. Cook until the **shallot** is soft and caramelised, another 5 mins. Add the **garlic** and cook for 1 minute more. **★ TIP: If the kids don't like mushrooms, fry them in a another pan and serve them separately for those who do.** Add the **water for the stew** (amount specified in the ingredient list) and the **chicken stock pot**. Stir to dissolve.



### 5 SIMMER

Return the **sausage** pieces to the pan and add the **peas**. Lower the heat to medium. Simmer for 5 mins then stir in the **crème fraîche**. Bring the **stew** back to a boil, then remove from the heat. Stir in the **chives**, taste and add **salt** and **black pepper** if you feel it needs it.



### 6 FINISH AND SERVE

Add the **broccoli** to your pan of boiling water. Cook for 4 mins then drain in a colander. Remove the **cardamom pods** from your **rice** and fluff it up with a fork. Serve some **rice** with a helping of **creamy sausage stew** on top and the **broccoli** alongside. **Enjoy!**

## 4 PEOPLE INGREDIENTS

Pork Sausage <sup>12)</sup>	500g
Echalion Shallot, sliced	2
Garlic Clove, grated	1
Chestnut Mushrooms, sliced	1 large punnet
Broccoli, florets	1
Chives, chopped	1 bunch
Cardamom Pods	4
Water for the Rice*	600ml
Basmati Rice	300g
Water for the Stew*	150ml
Chicken Stock Pot	1
Peas	200g
Crème Fraîche <sup>7)</sup>	1 large pot

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	830	170
(kJ)	3471	711
Fat (g)	43	9
Sat. Fat (g)	21	4
Carbohydrate (g)	76	16
Sugars (g)	7	1
Protein (g)	34	7
Salt (g)	2.82	0.58

### ALLERGENS

<sup>7)</sup>Milk <sup>12)</sup>Sulphites

**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

### 👍 THUMBS UP OR THUMBS DOWN?

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