

Cumberland Sausages and Mash

with Red Onion Gravy and Buttery Peas

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







Cumberland Sausage





Red Onion

Red Wine Jus Paste







Pantry Items

Oil, Salt, Pepper, Butter

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Saucepan, baking tray, frying pan, measuring jug, aluminium foil, colander and lid.

Ingredients

| 2P | 3P | 4P |
|------|-------------------------------|--|
| 4 | 6 | 8 |
| 450g | 700g | 900g |
| 1 | 11/2 | 2 |
| 15g | 22g | 30g |
| 120g | 180g | 240g |
| 4 | 6 | 8 |
| | | 40 |
| | 4 450g 1 15g 120g | 4 6 450g 700g 1 1½ 15g 22g 120g 180g 4 6 |

| Water for the | |
|-------------------------|----|
| Gravy* 150ml 225ml 300r | nl |
| Butter* 20g 30g 40g | 5 |

^{*}Not Included **Store in the Fridge

Nutrition

| | | Custom Recipe | |
|----------------|---|---|---|
| Per serving | Per 100g | Per serving | Per 100g |
| 497g | 100g | 621g | 100g |
| 2861/684 | 576/138 | 4345 /1038 | 700 /167 |
| 37.8 | 7.6 | 66.4 | 10.7 |
| 15.1 | 3.0 | 24.8 | 4.0 |
| 64.3 | 13.0 | 73.0 | 11.8 |
| 12.4 | 2.5 | 13.7 | 2.2 |
| 26.3 | 5.3 | 42.5 | 6.8 |
| 2.89 | 0.58 | 4.67 | 0.75 |
| | serving 497g 2861/684 37.8 15.1 64.3 12.4 26.3 | serving 100g 497g 100g 2861/684 576/138 37.8 7.6 15.1 3.0 64.3 13.0 12.4 2.5 26.3 5.3 | Per serving Per 100g Per serving 497g 100g 621g 2861/684 576/138 4345/1038 37.8 7.6 66.4 15.1 3.0 24.8 64.3 13.0 73.0 12.4 2.5 13.7 26.3 5.3 42.5 |

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

Allergens

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, milk, egg, mustard, celery, soya, 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.

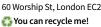
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Cook the Sausages

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Pop the **sausages** onto a medium 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 sausages. They're cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to double up on **Cumberland** sausages, cook the recipe in the same way.



Get Prepped

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Halve, peel and thinly slice the **red onion**.



Fry the Onions

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

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **red onion** to the pan and stir-fry until softened, 4-5 mins.



Red Onion Gravy Time

Add the **water for the gravy** (see pantry for amount) to the **onion** pan, bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium.

Allow the **sauce** to bubble and thicken, stirring regularly, 3-4 mins. Pour the **red onion gravy** into a jug and cover with foil to keep warm.



Butter up the Peas

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

Wipe out and return the now-empty frying pan to medium heat. Melt in a knob of **butter** (see pantry for amount), then add the **peas**, season with **salt** and **pepper** and cook for 2-3 mins.



Finish and Serve

Share the **mashed potatoes** between your serving plates and top with the **sausages**.

Serve with your **buttery peas** alongside and spoon over the **red onion gravy** to finish.

Enjoy!