



Cumberland Sausages and Parsley Mash

with Jerk Spiced Veg and Mango Chutney Gravy

Family 35-40 Minutes • Mild Spice • 3 of your 5 a day

3



Bell Pepper



Red Onion



Carrot



Caribbean Style Jerk



Cumberland Sausage



Potatoes



Chicken Stock Paste



Mango Chutney



Flat Leaf Parsley



Cumberland Sausage

Pantry Items
Oil, Salt, Pepper

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, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Carrot**	2	3	4
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Cumberland Sausage** 14)	4	6	8
Potatoes	450g	700g	900g
Chicken Stock Paste	10g	15g	20g
Mango Chutney	40g	80g	80g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cumberland Sausage** 14)	4	6	8

Pantry	2P	3P	4P
Water for the Gravy*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	646g	100g	770g	100g
Energy (kJ/kcal)	2808 / 671	435 / 104	4291 / 1026	558 / 133
Fat (g)	30.7	4.8	59.2	7.7
Sat. Fat (g)	10.1	1.6	19.8	2.6
Carbohydrate (g)	78.4	12.2	87.1	11.3
Sugars (g)	28.6	4.4	29.9	3.9
Protein (g)	24.5	3.8	40.6	5.3
Salt (g)	3.72	0.58	5.49	0.71

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

Allergens

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, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Prep the Veg

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

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **red onion**. Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Bring on the Gravy

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium heat.

Once hot, add the **onion**, season with **salt**, then fry until softened, 8-10 mins.

Stir in the **water for the gravy** (see pantry for amount) and **chicken stock paste**, then bring to a simmer.

Mix in the **mango chutney**, then stir and simmer until thickened, 5-6 mins. Taste and season with **salt and pepper**.



Get Baking

Put the **pepper** and **carrots** on a large baking tray. Drizzle with **oil**, sprinkle with the **Caribbean style Jerk** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

Pop the **sausages** on top of the **veg** and roast on the top shelf of your oven until the **veg** is soft and the **sausages** are cooked, 25-30 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to double up on **sausages**, pop them onto a separate baking tray to the **veg**.

Roast the **veg** on the top shelf and the **sausages** on the middle shelf for the same amount of time, 25-30 mins. Turn halfway through.



Make your Parsley Mash

While the **gravy** simmers, roughly chop the **parsley** (stalks and all).

Once the **potatoes** are ready, drain in a colander and pop back into the pan. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Stir through the **parsley**, then season with **salt** and **pepper**. Cover with a lid to keep warm.



Cook the Potatoes

While the **sausages** and **veg** cook, chop the **potatoes** into 2cm chunks (peel first if you prefer).

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



Finish and Serve

When everything's ready, reheat the **gravy** if necessary and add a splash of **water** if it's a bit thick.

Serve the **roasted sausages** and **veg** on plates with the **parsley mash** alongside.

Spoon over the **mango chutney gravy** to finish.

Enjoy!