



# Honey Mustard Sausages and Red Onion Gravy with Sweet Potato Mash and Tenderstem® Broccoli

25

Calorie Smart 35-40 Minutes • 5 of your 5 a day



Honey Mustard Sausages



Sweet Potato



Baking Potato



Red Onion



Balsamic Vinegar



Tenderstem® Broccoli



Red Wine Stock Paste



Honey Mustard Sausages

### Pantry Items

Oil, Salt, Pepper, Sugar

### 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
Honey Mustard Sausages** 9) 14)	4	6	8
Sweet Potato	1	1	2
Baking Potato	1	1	2
Red Onion**	1	1½	2
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Tenderstem® Broccoli**	150g	200g	300g
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Honey Mustard Sausages** 9) 14)	8	12	16

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Gravy*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2659/636	471/112
Fat (g)	20.7	3.7
Sat. Fat (g)	7.6	1.3
Carbohydrate (g)	82.6	14.6
Sugars (g)	26.3	4.7
Protein (g)	27.0	4.8
Salt (g)	4.05	0.72
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	689g	100g
Energy (kJ/kcal)	3956/946	574/137
Fat (g)	40.2	5.8
Sat. Fat (g)	14.6	2.1
Carbohydrate (g)	94.4	13.7
Sugars (g)	31.1	4.5
Protein (g)	44.3	6.4
Salt (g)	6.02	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

## 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.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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## Cook the Sausages

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

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

Pop the **sausages** onto a baking tray. When the oven is hot, roast 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.*

## CUSTOM RECIPE

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



## Boil the Broccoli

When your pan of **water** is boiling, add the **broccoli** and cook until just tender, 3-5 mins.

Once cooked, drain in the colander.



## Prep the Veg

Meanwhile, peel and chop the **sweet** and **white potatoes** into 2cm chunks. When boiling, add them both to the pan of **water** and cook until you can easily slip a knife through, 15-20 mins.

While the **potatoes** cook, heat a drizzle of **oil** in a frying pan on medium heat. Halve, peel and thinly slice the **red onion**.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 8-10 mins.

Add the **balsamic vinegar** and **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.



## Make the Red Onion Gravy

Meanwhile, add the **water for the gravy** (see pantry for amount) and **red wine stock paste** to the **onion** pan.

Bring to the boil, then lower the heat and simmer until reduced, 5-6 mins. Add a splash of **water** if it's a little thick. **TIP:** *If you're feeling decadent, add a knob of butter (if you have any).*



## Get Mashing

Bring a large saucepan of **water** to the boil on high heat with ½ **tsp salt** for the **broccoli**.

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

Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



## Serve

When everything's ready, serve the **honey mustard sausages** on top of a large helping of **sweet potato mash**.

Spoon over the **red onion gravy** and serve the **broccoli** alongside.

## Enjoy!

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