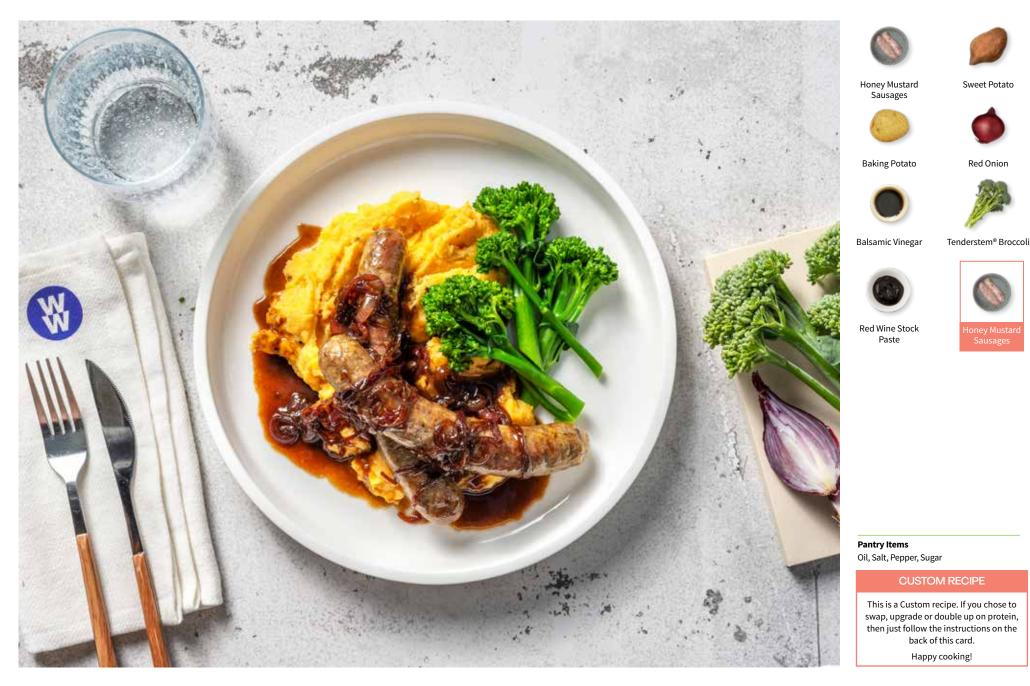


# Honey Mustard Sausages and Red Onion Gravy with Sweet Potato Mash and Tenderstem® Broccoli



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



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** <b>9) 14)</b>	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 <sup>®</sup> Broccoli**	150g	200g	300g
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets
Honey Mustard Sausages** <b>9) 14)</b>	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 t	he Fridge		

NUTRITION

Typical Values	Per serving	Per 100g
for uncooked ingredient	565g	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
	Per serving 689g	Per 100g 100g
Custom Recipe	<u> </u>	
Custom Recipe for uncooked ingredient	689g	100g
Custom Recipe for uncooked ingredient Energy (kJ/kcal)	<b>689g</b> 3956 /946	<b>100g</b> 574/137
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>689g</b> 3956 /946 40.2	<b>100g</b> 574 /137 5.8
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	689g 3956/946 40.2 14.6	<b>100g</b> 574/137 5.8 2.1
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	689g 3956/946 40.2 14.6 94.4	<b>100g</b> 574/137 5.8 2.1 13.7

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.

#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





# **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 1/2 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.



### 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.



# **Get Mashing**

Bring a large saucepan of water to the boil on high heat with 1/2 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.



## 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.

Scan to get your exact PersonalPoints<sup>™</sup> value





### Make the Red Onion Gravu

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).

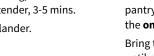


### Serve

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.

Enjou!





FSC MIX

