



# Honey Mustard Sausages and Onion Gravy

with Cavolo Nero Colcannon and Chantenay Carrots

25

Calorie Smart 20 Minutes • 2 of your 5 a day • Under 650 Calories



Chantenay Carrots



Honey Mustard Sausages



Potatoes



Red Onion



Chopped Cavolo Nero



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Honey Mustard Sausages

**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

Kettle, baking tray, saucepan, frying pan, lid and colander.

## Ingredients

Ingredients	2P	3P	4P
Chantenay Carrots**	150g	225g	300g
Honey Mustard Sausages** 9) 14)	4	6	8
Potatoes	450g	700g	900g
Red Onion**	1	2	2
Chopped Cavolo Nero**	100g	150g	200g
Balsamic Vinegar 14)	12ml	24ml	24ml
Red Wine Stock Paste 14)	28g	56g	56g
Redcurrant Jelly	25g	37g	50g
Honey Mustard Sausages* 9) 14)	4	6	8

Pantry	2P	3P	4P
Water for the Gravy*	75ml	100ml	150ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	577g	100g	701g	100g
Energy (kJ/kcal)	2505/599	435/104	3802/909	543/130
Fat (g)	21.2	3.7	40.6	5.8
Sat. Fat (g)	7.4	1.3	14.5	2.1
Carbohydrate (g)	76.8	13.3	88.5	12.6
Sugars (g)	26.8	4.7	31.7	4.5
Protein (g)	25.0	4.3	42.3	6.0
Salt (g)	4.05	0.70	6.02	0.86

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.

## Contact

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## Get Roasting

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle.

b) Halve any large **carrots** lengthways, pop them onto a large baking tray. Drizzle with **oil**, season and toss to coat. Add the **sausages** to the tray.

**TIP:** Use two baking trays if necessary.

c) When the oven is hot, roast on the top shelf until the **carrots** are tender and the **sausages** are cooked through, 16-18 mins. Turn halfway. **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 **honey mustard sausages**, cook the recipe in the same way.



## Cook the Cavolo Nero

a) When the **potatoes** have 6 mins of cooking time left, add the **cavolo nero** to the **potato** pan.

**TIP:** Remove any tough stalks from the cavolo nero.

b) Submerge the **cavolo nero** in the **boiling water** and cover with a lid. Cook for the remaining time until tender, 6-7 mins.



## Boil the Potatoes

a) Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).

b) Pour the **boiling water** into a large saucepan with  $\frac{1}{2}$  tsp salt on high heat.

c) Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



## Bring on the Gravy

a) Once the **onions** are soft, lower the heat to medium and add the **balsamic vinegar**. Cook until sticky, 1-2 mins.

b) Add the **water for the gravy** (see pantry for amount) and bring to the boil.

c) Stir in the **red wine stock paste** and **redcurrant jelly**. Simmer until the **gravy** has thickened slightly, 2-3 mins. Add a splash of **water** if it gets too thick.



## Fry the Onion

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Heat a drizzle of **oil** in a small frying pan on medium-high heat.

c) Once hot, add the **onion** and cook, stirring often, until softened, 5-7 mins.



## Mash and Serve

a) Once the **potatoes** and **cavolo nero** are cooked, drain in a colander and return to the pan.

b) Add a knob of **butter** and a splash of **milk** (if you have any) and roughly mash. Season to taste with **salt** and **pepper** - **colcannon** made!

c) Share the **colcannon** between your plates and serve the **sausages** and **carrots** alongside. Spoon the **onion gravy** over to finish.

Enjoy!