



Honey Mustard Sausages and Onion Gravy with Spinach Mash and Carrots

Rapid Eat Me Early • 20 Minutes • 3 of your 5 a day

13



Carrot



Honey Mustard Sausages



Red Onion



Potatoes



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Baby Spinach

Pantry Items
Oil, Salt, Pepper

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, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	5	6
Honey Mustard Sausages** 9) 14)	4	6	8
Red Onion**	1	2	2
Potatoes	450g	700g	900g
Balsamic Vinegar 14)	12ml	24ml	24ml
Red Wine Stock Paste 14)	28g	56g	56g
Redcurrant Jelly	25g	37g	50g
Baby Spinach**	100g	120g	150g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	665g	100g
	2583 /617	388 /93
Fat (g)	21.2	3.2
Sat. Fat (g)	7.4	1.1
Carbohydrate (g)	80.2	12.1
Sugars (g)	29.9	4.5
Protein (g)	25.9	3.9
Salt (g)	4.21	0.63

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

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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) Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

c) Add the **sausages** to the tray. **TIP:** Use two baking trays if necessary.

d) When the oven is hot, roast on the top shelf until the **carrots** are tender and the **sausages** are browned and cooked through, 16-18 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.



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 sauce** (see pantry for amount) and bring to the boil.

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



Boil the Potatoes

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

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

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



Cook the Spinach

a) When there is 1 min left of **potato** cooking time, add the **spinach** to the **boiling water**.

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

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



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

Enjoy!