



Pork & Oregano Sausages

with Glazed Apples and Savoy Cabbage Mash

CLASSIC 30 Minutes

N° 5



Potato



Pork and Oregano Sausage



Chicken Stock Powder



Apple and Sage Jelly



Apple



Butter



Dried Thyme



Chopped Savoy Cabbage

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Saucepan, Colander, Baking Tray, Measuring Jug, Frying Pan and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Pork and Oregano Sausage 13 14 **	4	6	8
Water for the Sauce*	50ml	75ml	100ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachets
Apple and Sage Jelly	2 pots	3 pots	4 pots
Apple**	1	2	2
Butter 7 **	30g	45g	60g
Dried Thyme	1 small sachet	1 large sachet	2 small sachets
Chopped Savoy Cabbage**	1 pack	1 pack	2 pack

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	504g	100g
Energy (kJ/kcal)	2977 /712	590 /141
Fat (g)	36	7
Sat. Fat (g)	18	4
Carbohydrate (g)	75	15
Sugars (g)	22	4
Protein (g)	24	5
Salt (g)	2.17	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Boil the Potatoes

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potato** (no need to peel!) into 2cm chunks. Pop your **potatoes** into your pan of boiling **water** and cook until tender, 15-20 mins. We will add the **cabbage** for the final 5 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through them.* When done, drain in a colander and return to the pan, off the heat.



4. Make the Sauce

Melt **half** the **butter** in a frying pan over medium-low heat. Add the **apple** and **thyme** and cook until the **apple** is browned all over, 8-10 mins. Turn every minute or so to make sure it colours evenly. Pour in the **jelly stock mixture** and increase heat to medium. Simmer until the **apple** is soft and the **sauce** is glossy, 4-5 mins. Lower the heat and keep warm until you are ready to serve. **TIP:** *If your sauce reduces too much, simply add a splash of water to loosen it up.*



2. Cook the Sausages

Meanwhile, place the **sausages** on an oiled baking tray and put them on the top shelf of your oven for 20-25 mins. Turn halfway through to make sure they cook evenly. **IMPORTANT:** *The sausages are cooked when they are no longer pink in the middle.*



5. Mash the Potato

When the potatoes have 5 minutes cooking time left, add the **cabbage** to the potato pan and cook until soft, 4-5 minutes. When the **potato** and **greens** are ready, drain and roughly mash them together with the remaining **butter**. Taste and add more **salt** and **pepper** if you feel it needs it.



3. Prep the Sauce

Fill and boil your kettle. Pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **chicken stock powder** and the **apple and sage jelly**. Stir until dissolved. Quarter the **apple** (no need to peel) and remove the core. Cut each quarter in half.



6. Finish and Serve

Serve the **sausages** with the **mash** and **glazed apple sauce**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.