



# Spring Bangers and Spinach Mash

with Creamy Chive Sauce and Green Beans

Spring Greens 30-35 Minutes

5



Potatoes



Green Beans



Cumberland Sausage



Baby Spinach



Garlic Clove



Chives



Creme Fraiche



Chicken Stock Paste

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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, colander, potato masher, lid, kettle, bowl, aluminium foil and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	80g	150g	150g
Cumberland Sausage** (14)	4	6	8
Baby Spinach**	40g	100g	100g
Garlic Clove**	2	3	4
Chives**	1 bunch	1 bunch	1 bunch
Crema Fraiche** (7)	75g	150g	150g
Chicken Stock Paste	10g	15g	20g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	115ml	150ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	2807 /671	611 /146
Fat (g)	41.7	9.1
Sat. Fat (g)	17.3	3.8
Carbohydrate (g)	53.7	11.7
Sugars (g)	6.1	1.3
Protein (g)	24.6	5.4
Salt (g)	2.99	0.65

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

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

You can recycle me!



## Get Started

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

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

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Trim the **green beans**.



## Cook the Beans

In the meantime, boil a half-full kettle. Pour the **boiled water** into a medium saucepan with ½ **tsp salt** on high heat.

Bring it back to the boil, then add the **green beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then transfer to a medium bowl. Season with **salt** and **pepper**. Toss in **olive oil**.

Cover with a lid or foil to keep warm.



## Sausage Time

Pop the **sausages** onto a baking tray.

When the oven is hot, bake 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 **sausages**. They're cooked when no longer pink in the middle.



## Bring on the Chive Sauce

Meanwhile, peel and grate the **garlic**. Roughly chop the **chives** (use scissors if easier).

Wipe out the (now empty) **bean** saucepan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **garlic** and fry for 1 min.

Add the **crema fraiche**, **chicken stock paste**, **chives** and **water for the sauce** (see pantry for amount), then simmer for 2-3 mins. Season with **pepper**.



## Make the Spinach Mash

Meanwhile, when your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 13-17 mins.

Add the **spinach** to the **potatoes** and cook for another 2-3 mins. Once cooked, drain both in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**.

Cover with a lid to keep warm and set aside.



## Spring has Sprung

When everything's ready, transfer your **sausages** to your plates.

Serve the **spinach mash** and **beans** alongside. Drizzle over the **creamy chive sauce** to finish.

Enjoy!