



Sticky Pigs in Blankets and Cheesy Colcannon with Tenderstem® Broccoli and Creamy Mustard Sauce

Gastropub 35-40 Minutes • 1 of your 5 a day

33



Potatoes



Tarragon



Tenderstem® Broccoli



Mature Cheddar Cheese



Streaky Bacon



Cumberland Sausage



Chopped Kale



Honey



Chicken Stock Paste



Wholegrain Mustard



Creme Fraiche

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

Saucepan, grater, baking tray, frying pan, colander and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Tarragon**	½ bunch	½ bunch	½ bunch
Tenderstem® Broccoli**	150g	200g	300g
Mature Cheddar Cheese** 7)	30g	40g	60g
Streaky Bacon**	4 rashers	6 rashers	8 rashers
Cumberland Sausage** 14)	4	6	8
Chopped Kale**	100g	150g	200g
Honey	15g	30g	30g
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard 9)	17g	17g	34g
Creme Fraiche** 7)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 616g	Per 100g 100g
Energy (kJ/kcal)	4174 /998	677 /162
Fat (g)	67.6	11.0
Sat. Fat (g)	31.2	5.1
Carbohydrate (g)	63.6	10.3
Sugars (g)	14.5	2.4
Protein (g)	38.8	6.3
Salt (g)	4.64	0.75

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

Allergens

7) Milk 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 Prepped

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

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Grate the **cheese**. Halve any thick **broccoli stems**.

Wrap a **rasher of bacon** around each **sausage** - starting at the top, spiral the **rasher** down the **sausage** so it covers the whole thing.

IMPORTANT: Wash your hands and equipment after handling raw meat.



Make the Mustard Sauce

Meanwhile, heat a small frying pan on medium heat (no oil).

Pour in the **water for the sauce** (see pantry for amount), **chicken stock paste, mustard, tarragon** and **half the creme fraiche**. Stir together, then bring to the boil.

Reduce the heat to medium-low and simmer until slightly thickened, 2-3 mins. Season to taste with **salt** and **pepper** if needed, then remove from the heat and set aside until ready to serve.



Cook the Pigs in Blankets

Pop the **sausages** on a baking tray and roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Cook bacon thoroughly.

Meanwhile, once your pan of **water** is boiling, add the **potatoes**. Cook until you can easily slip a knife through, 15-20 mins.

After 10-12 mins, add the **kale** to the same pan. Cook for the remaining time until both are tender, 5-8 mins.



Colcannon Time

Once the **potatoes** and **kale** cooked, drain them both in a colander and return to the pan, off the heat.

Add the remaining **creme fraiche** and roughly mash together.

Stir through the **cheese**, then season to taste with **salt** and **pepper**. Cover with a lid to keep warm.



Bring on the Broccoli

Halfway through cooking, remove your baking tray from the oven, move the **sausages** to one side of the tray, then drizzle over the **honey** and mix well to coat. **TIP:** If your honey has hardened, pop in a bowl of hot water for 1 min.

At the same time, add the **broccoli** to the other side of the baking tray. **TIP:** Use two baking trays if necessary. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Roast for the remaining time until tender and crispy, 10-12 mins.



Serve your Festive Feast

When everything's ready, reheat the **mustard sauce** if necessary. Add a splash of **water** if it's a little too thick.

Serve your **sticky pigs in blankets** with the **colcannon** and **Tenderstem®** alongside.

Spoon over the **mustard sauce** to finish.

Enjoy!