



Cooking Made Easy

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Bangers & Cauliflower Mash

with Onion Gravy



The Brits have a thing for bangers and mash, and we totally understand why. Good comfort food is universal. For a lighter but equally delicious swap, we've called on cauliflower to stand in for starchy potatoes. Never used nutmeg in a savory recipe? It adds a subtle oomph to creamy dishes.



40 min



level 1



gluten free



Pork Sausage



Parmesan Cheese



Cauliflower



Stock Concentrate



Milk



Onion



Thyme



Nutmeg

Ingredients	2 People	4 People
Pork Sausage	8 oz	16 oz
Parmesan Cheese	1) ¼ C	½ C
Cauliflower	1 crown	2 crowns
Stock Concentrate	1	2
Onion	1	2
Thyme	1 sprig	2 sprigs
Nutmeg	¼ t	½ t
Milk	1) ¼ C	½ C
Butter*	1) 1 T	2 T
Vegetable Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Large Pot,
Medium Pan, Strainer,
Food Processor (optional)

Ruler

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Nutrition per person Calories: 608 cal | Carbs: 23 g | Fat: 45 g | Protein: 38 g | Fiber: 6 g



1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Cut the **cauliflower** into bite-sized florets. Halve, peel, and thinly slice the **onion**. Strip **thyme leaves** off the sprig.



2 Heat ½ tablespoon **oil** in a medium pan over medium heat. Add the **sausage** to the pan and cook for 3-4 minutes, turning occasionally, until browned on all sides. Add ⅓ cup **water** to the pan and steam until the sausages are cooked through and water has evaporated, another 4-5 minutes. Set aside and cover to keep warm.



3 Meanwhile, add the **cauliflower** to the **boiling water** and cook until very tender, 8-10 minutes. Drain and return to the pot.

4 While the cauliflower cooks, heat ½ tablespoon **oil** in the same pan over medium heat. Add the **sliced onion** and season with **salt** and **pepper**. Cook, tossing, for 5-6 minutes, until softened. Stir in **half the stock concentrate**, ½ cup **water**, and **half the thyme**. Cook 1-2 minutes, until thickened to a gravy-like consistency. Remove from heat and set aside.



5 Using a potato masher or a fork, mash the **cauliflower** in the pot until it's as smooth as possible. Place over low heat and mash in 1 tablespoon **butter**, **remaining stock concentrate**, ¼ cup **milk**, **remaining thyme**, **parmesan**, and ¼ **teaspoon nutmeg**. Taste and season with **salt** and **pepper**. **HINT:** For a creamier consistency, pulse the mixture in your food processor until smooth!

6 Top the **cauliflower mash** with the **sausages** and spoon over the **onion gravy**. Cheers!

Tip Want an easy way to cut your cauliflower? Quarter the crown, then break off the florets. Cut into smaller pieces if necessary.