



Caramelised Onion Beef Sausages

with Parmesan Mash

Grab your Meal Kit
with this symbol



Potato



Chives



Green Beans



Zucchini



Brown Onion



Garlic



Caramelised Onion &
Parsley Beef Sausages



Grated Parmesan
Cheese



Hands-on: **25-35 mins**



Ready in: **45-55 mins**



Naturally gluten-free

Not suitable for Coeliacs

This is a classic meal but not like you know it! Try our new caramelised onion beef sausages, they're packed with flavour and are so easy to cook. Teamed with a cheesy and herby mash, this dinner comes together with a bang!

Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar,
Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bunch	1 bunch
green beans	1 bag (200g)	1 bag (400g)
zucchini	1	2
brown onion	1	2
garlic	1 clove	2 cloves
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
water*	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3336kJ (797Cal)	458kJ (109Cal)
Protein (g)	34.2g	4.7g
Fat, total (g)	51g	7g
- saturated (g)	25.4g	3.5g
Carbohydrate (g)	46.6g	6.4g
- sugars (g)	17.5g	2.4g
Sodium (mg)	1258mg	173mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Finely chop the **chives**. Trim the **green beans**. Slice the **zucchini** into thin sticks. Thinly slice the **brown onion**. Finely chop the **garlic**.

2



Cook the sausages

Heat a small drizzle of **olive oil** in a large frying pan over a medium heat. Cook the **caramelised onion & parsley beef sausages**, turning occasionally, until browned and cooked through, **15 minutes**. Transfer to a plate.

3



Make the Parmesan mash

While the sausages are cooking, cook the **potato** in boiling water until easily pierced with a knife, **10-15 minutes**. Drain the **potato** and return to the saucepan. Add the **milk**, **salt** and 1/2 the **butter** and mash until smooth. Stir through the **chives** and **grated Parmesan cheese**. Cover to keep warm.

4



Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **zucchini** until just tender, **1-2 minutes**. Add the **green beans** and cook, tossing, until tender, **4-5 minutes**. Transfer the **green beans** and **zucchini** to a medium bowl.

5



Caramelize the onion

Return the frying pan to a medium heat with a drizzle of **olive oil**. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Stir in the **balsamic vinegar**, **brown sugar** and **water**. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl. Meanwhile, place the **garlic** and remaining **butter** in a small microwavable bowl. Microwave, in **30 second** bursts, until melted. Add **garlic butter** to the **green beans** and **zucchini**. Season and toss to coat.

6



Serve up

Divide the beef sausages, Parmesan mash and garlic veggies between plates. Spoon the caramelised onion over the sausages.

Enjoy!