



20-MIN MEAL

BANGERS AND MASH

with Thyme Gravy and Broiled Veggies



HELLO

BANGERS AND MASH

The British pub classic of sausages and potatoes is given a fresher twist with veggies.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 700



White Potatoes



Sweet Italian Pork Sausages



Chicken Demi-Glace
(Contains: Milk)



Scallions



Zucchini



Grape Tomatoes



Thyme

START STRONG

Save time during the hustle-bustle of the season and skip peeling the potatoes. The skins not only add texture to the mash, they have bonus nutrients, too.

BUST OUT

- Medium pot
- Potato masher
- Strainer
- Baking sheet
- Small bowl
- Oil (3 tsp | 5 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- White Potatoes 12 oz | 24 oz
- Zucchini 1 | 2
- Sweet Italian Pork Sausages 9 oz | 18 oz
- Grape Tomatoes 4 oz | 8 oz
- Chicken Demi-Glace 1 | 1
- Thyme ¼ oz | ¼ oz
- Scallions 2 | 4

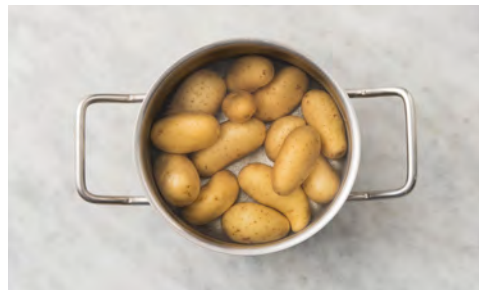
HELLO WINE



PAIR WITH

Mulberry Road Cellars Paso Robles Zinfandel, 2015

HelloFresh.com/Wine



1 PREHEAT AND BOIL POTATOES

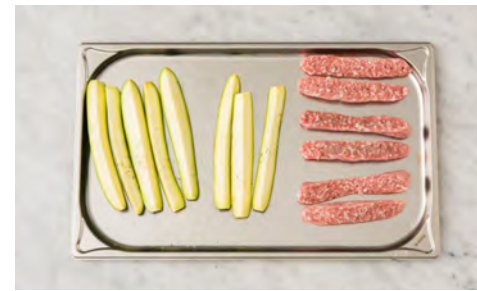
Wash and dry all produce. Adjust broiler rack so that it is 3-4 inches from flame and preheat broiler to high. (**TIP:** Alternatively, preheat oven to 500 degrees.) Place **potatoes** in a medium pot with a pinch of **salt** and enough **water** to cover by 1 inch. Cover pot and bring to a boil. Cook until easily pierced by a knife, about 12 minutes, then drain.



4 MAKE GRAVY AND SLICE SCALLIONS

In a small, microwave-safe bowl, stir together ¼ cup **water** and **demi-glace**. Add **thyme** sprigs. Microwave on high until warmed through, about 1 minute. Stir to combine. Season with **salt** and **pepper**. Meanwhile, trim, then thinly slice **scallions**, keeping greens and whites separate.

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2 PREP

Cut **zucchini** in half crosswise, then cut each half lengthwise into four pieces (you should have eight thick wedges). Toss on one side of a lightly oiled baking sheet with a large drizzle of **oil**. Season with **salt** and **pepper**. Cut **sausages** in half diagonally into wedge-shaped pieces. Arrange on other side of sheet.



5 MASH POTATOES

After draining potatoes, return empty pot to stove over low heat. Add 2 **TBSP butter** and **scallion whites**. Toss until butter melts and scallion whites are slightly softened, about 1 minute. Add **potatoes** to pot, then mash with a potato masher or fork until smooth. Season with **salt** and **pepper**.



3 BROIL VEGGIES AND SAUSAGES

Broil **zucchini** and **sausages** until browned on top, about 10 minutes. Once browned, flip zucchini, then add **tomatoes** to sheet. Return sheet to broiler and continue broiling until sausages are cooked through, zucchini is tender, and tomatoes are starting to burst, 2-3 minutes more.



6 PLATE AND SERVE

Divide **potatoes** between plates, then top with **veggies** and **sausages**. Remove **thyme** sprigs from **gravy**, then drizzle gravy over everything. Sprinkle with **scallion greens**.

JOLLY GOOD!

Get ready for a British invasion with a fab four of sausages, tomatoes, zucchini, and mash.

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