



CARAMELISED ONION SAUSAGES

with Spring Onion Mash, Roasted Tenderstem® and Plum Sauce



HELLO FLORA ORIGINAL

Flora Original contains absolutely no preservatives, artificial colours or flavours



Potato



Spring Onion



Plum



Caramelised Onion Sausages



Flora Original



Honey



Red Wine Stock Pot



Tenderstem® Broccoli

MEAL BAG

35 mins

1.5 of your 5 a day

Three words any Brit loves to hear? Bangers and mash! Chef Mimi has worked magic elevating this traditional dish while keeping prep time to a minimum. Spring onion mash is a wonderfully comforting side dish to the sweet caramelised onion sausages. Top with a plum sauce made by frying the fruit with honey and red wine stock. Deliciously sweet and sticky, this sauce makes the dish extra special. Serve with roasted broccoli for a sublime twist on a British classic.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Large Baking Tray**, **Colander**, **Frying Pan**, **Measuring Jug** and **Potato Masher**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil. Chop the **potato** into 2cm chunks (no need to peel). Trim the **spring onion** and thinly slice. Halve the **plums**, remove the stone and slice each half into 5-6 wedges.



2 ROAST THE SAUSAGES

Lay the **sausages** on one end of a large baking tray, leaving room for the **broccoli** which we will add later (or you can use separate trays if you only have small trays). Drizzle with a little **oil** and roast on the top shelf of the oven until golden, 20-25 mins. Turn halfway through cooking. **! IMPORTANT:** *The sausages are cooked when no longer pink in the middle. Remember to wash your hands after handling raw meat.*



3 COOK THE POTATOES

Add the **potatoes** to the boiling **water** and simmer until tender, 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Once cooked, drain in a colander and pop back into the pan, cover with a lid.



4 MAKE THE SAUCE

Meanwhile, pop a frying pan on medium-high heat and add **half the Flora Original**. Once melted, add the **plums** and **honey**. Turn the heat to medium and allow the **plums** to soften, gently stirring occasionally, 5-7 mins. Once soft, pour in the **water** (see ingredients for amount) and add the **stock pot**. Stir to combine and dissolve the **stock pot**. Simmer until the **sauce** has thickened, stirring occasionally, then remove from the heat, 3-5 mins.



5 ADD THE BROCCOLI

Once the **sausages** have been roasting for 15 mins, add the **tenderstem®** to the baking tray (or use another tray if your trays are small). Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Roast in your oven for the remaining 10 mins until tender. Once the **potato** is drained and back in the pan, add a pinch of **salt** and **pepper**, the **spring onion**, remaining **Flora Original** and a splash of **milk** if you have any. Mash with a **potato masher** until smooth, cover again with the lid, set aside.



6 FINISH AND SERVE

When you are ready to serve, reheat the **sauce** if necessary and add a small splash of **water** if it looks too thick! Serve the **sausages** on a plate with the **spring onion mash** and **tenderstem®** alongside, spoon over the **plums** and **sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Spring Onion *	1	2	2
Plum *	2	3	4
Caramelised Onion Sausages 14) *	4	6	8
Flora Original	20g	30g	40g
Honey	1 sachet	1½ sachets	2 sachets
Water*	75ml	100ml	150ml
Red Wine Stock Pot 14)	½ pot	1 pot	1 pot
Tenderstem® Broccoli *	1 pack	1½ packs	2 packs

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 559G	PER 100G
Energy (kJ/kcal)	2487 / 595	445 / 107
Fat (g)	23	4
Sat. Fat (g)	8	1
Carbohydrate (g)	75	13
Sugars (g)	18	3
Protein (g)	26	5
Salt (g)	3.03	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

14) Sulphites

Flora Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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